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QHS's Hailey Concannon To Attend West Point

By SCOTT JACKSON

A two-sport star student-athlete at Quincy High School, Hailey Concannon has accepted an appointment to West Point and will begin studying there after graduation.

Concannon, 18, was the goaltender and a captain on the combined Quincy-North Quincy girls' hockey team this winter and is a captain and catcher on the softball team at QHS. In March, she learned she would be attending the United States Military Academy after graduation.

"I saw it online at 7 in the morning one day and both my parents were trying to sleep, and I went in and I was like, 'wake up!'" Concannon recalled in a recent interview.

A graduate of Atherton Hough Elementary School and Central Middle School, Concannon is the daughter of Doug and Judi Concannon. She has an older brother, Doug Jr., who is a senior at Mass Maritime, and a twin sister, Hanna, who also plays hockey and softball at Quincy High School.

Concannon said she chose to attend West Point because she likes to lead people.

"I've always sort of gravitated toward the military and love to lead people, obviously, and I just felt like pursuing a commission into the Army was the best path for me and West Point was a



HAILEY CONCANNON, a two-sport star student-athlete at Quincy High School, has accepted an appointment to West Point and will begin studying there in the fall after graduation. Quincy Sun Photo/Robert Bosworth

very viable option," she said. new cadets from around the
Concannon will be one of 1,300

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Board To Review School Security Assessment

By SCOTT JACKSON

The School Committee is expected to review a school security assessment next month behind closed doors.

During the April 5 meeting of the school board, Mayor Thomas Koch said he had brought in an outside firm to review security of the city's schools.

"They are taking an assessment of our system, looking at our buildings, looking at our protocols, pro-

cedures, looking at our equipment, our video, our doors - you name it - right across the board through-out our buildings," he said.

Koch said the company has issued a draft report, which is now being reviewed by school officials before it will be given to the committee. The committee could review the report at its next meeting, scheduled for May 3, in executive session, the mayor said.

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★ Drill Team ★ Demonstration



THE UNITED STATES Army Drill Team (USADT) recently performed drill demonstrations at Hancock-Adams Common in Quincy Center. Here Sgt. Nathan Roberts tosses a rifle into the air as part of the demonstration. More photos on Page 16.

Quincy Sun Photo/Robert Bosworth

Events Planned For Hancock-Adams Common

Spring Fest Saturday From Noon To 6 P.M.

By SCOTT JACKSON

The city plans to host monthly events on the Hancock-Adams Common in Quincy Center, beginning with this weekend's Spring Fest.

The Board of License Commissioners on April 4 granted the city special-use permits and one-day liquor licenses for the events on

the Hancock-Adams Common, the public space in front of City Hall on Hancock Street.

The events include Spring Fest, which will be held this Saturday from noon to 6 p.m.; Swing on the Common on May 13 from 2 to 5 p.m.; Countryfest on June 3 from noon to 6 p.m.; Patriotic Day on July 2 from 4 to 6 p.m.; Shake-

spear in the Park on Aug. 5 from 3 to 7 p.m.; a pops concert featuring the Quincy Choral Society and Quincy Symphony Orchestra on Sept. 9 from 4 to 6 p.m.; and a food truck and music festival on Oct. 7 from noon to 6 p.m.

Most of the events planned for the common this year were also

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More Quincy news visit:
The Quincy Sun.com



Brad Croall Recuperating Following Kidney Transplant

Quincy Sun Article Helps Lead To Donor

By SCOTT JACKSON

On Easter Sunday in 2021, Brad Croall was diagnosed with chronic kidney disease and told he would need dialysis or a transplant. Less than two years later, Croall received a kidney from a former Quincy resident who had read about Croall's story in the newspaper.

"The Quincy Sun ended up saving my life," Croall said in a recent interview.

A former city councilor, Croall, now age 43, spoke about his diagnosis and treatment at his Quincy home on April 6, one week to the day after he received the kidney transplant. Croall was joined by his wife, Lori, Dr. Joshua Hundert, the chief of nephrology at South Shore Health who treated Croall, and Tim Cahill, the president of the Quincy Chamber of Commerce who donated a kidney to his sister 20 years ago last month.

At the outset of the conversation, Croall said his story underscores his belief in a higher power.

"Just to give you some perspective that I think is important to the story, my baseline or my bedrock is definitely grounded in faith and belief in a higher power," he said. "I think as we kind of move through the story you'll certainly see that connect and come to life."

Croall said he began feeling ill in early 2021, soon after he left his position on the City Council, though

he did not know what was causing those symptoms at the time.

"Right after I had resigned from the council after close to a decade of service, I started experiencing just kind of weird symptoms like headaches and itchy-ness in strange places like my back," he said. "COVID had just begun so everybody was working from home, and I was attributing it to bad computer setup at home, buying new mattresses, trying everything to kind of alleviate the symptoms."

It was on Easter Sunday of that year that Croall had his wife take him to the hospital after he threw up.

"I had gotten up that morning and we were having our Easter egg hunt, and I just felt really sick and I ended up vomiting, which was not the norm for me," he said.

"I told my wife that I was going to South Shore Hospital and get some extra strength Tylenol - hopefully it would kind of turn me around with the headaches. When I went in there, it was kind of a blur, but they started doing all these tests, tests after tests, and they couldn't figure out what it was."

Croall added that his blood pressure at the hospital was 210 and "on the borderline of a stroke." After testing, including a spinal tap, Croall was diagnosed with Stage 4 kidney failure.

"Long story short they said, 'I know you're here for Tylenol, but you're Stage 4



FORMER CITY COUNCILLOR Brad Croall (second from right) received a new kidney in March, less than two years after he was diagnosed with Stage 4 kidney failure. Pictured with him (from left) are: Dr. Joshua Hundert, the chief of nephrology at South Shore Health; Brad's wife, Lori; and Tim Cahill, who donated a kidney to his sister to his sister 20 years ago.

kidney failure.' I had no idea what that was. It sounded really bad. They gave me sort of the cliff notes on how this would end up and it was pretty scary," Croall recalled.

"My doctor...I remember being in the room after they had kind of diagnosed me and I remember actually crying and looking at him and just telling him 'I don't want to die.' You'll meet him so you'll understand. He just looked me dead in the eye and told me I wasn't going to die. I just had a lot of work to do and I had to follow his plans."

"All I could think of is like, my wife is home with two kids, it's Easter, she's pregnant with our third, and I'm absolutely powerless in the hospital with a disease."

"They said it would be either dialysis, a transplant or death," Lori Croall added. "Those were like the three options."

Croall was able to return home, but he said things were different at that point.

"As I got out of the hospital and transitioned home, I knew there were some differences. I was cold pretty frequently. Temperature change would gravely affect me. I could still work out but that was different. Everything started to become a little bit harder and my levels were obviously increasing, which is not a good thing in that context...my function was going down, my GFR was increasing," he said, referring to his glomerular filtration rate.

"I started to get followed by the unbelievable care down at Fresenius in

Quincy on School Street. Then kind of we came to a point where my doctor had basically said 'who do you know that could give you a kidney, because that's what you need.'"

Croall is an only child and has no cousins who live nearby. He also has Type O blood, meaning he could only receive a kidney from someone else with the same blood type.

"My options were kind of limited there and Tim, he can tell you more about that, sort of engaged with some of my friends," Croall said.

"That was kind of like an act of faith," Lori Croall added, "because just by sheer coincidence you happened to be friendly with someone who coincidentally happened to have donated a kidney at one point. He could be a resource and was right there and willing to help."

Cahill said he was approached by friends of Croall's who were concerned about his condition.

"I don't think they knew anything about my background either, but they knew we were friends and I said we have to see what we can do to find him some help," recalled Cahill. "That's when I first reached out to Brad and Lori, told them about my experience and because I'm one of nine, the kidney search was pretty local. It was my sister and I was next in line, so it was cut and dried, pretty much. But without that family connection and the blood type and that kind of stuff, I suggested to Brad and Lori that they have to widen their

search."

Lori Croall said it was Cahill who suggested she reach out to local media to share her husband's diagnosis and put out the word that he was in need of a donor. She did just that, and stories about her husband were published in January 2022.

Brad Croall said the article published in this newspaper ended up saving his life, though he was "salty" about seeing his story in the press.

"The Quincy Sun ended up saving my life," he said. "From my perspective, I was pretty salty when I read that article, because knowing that you're sick is one

thing. Obviously, you know me from a surface level, I'm pretty private, pretty low key, I had a public job but I didn't want to be the center of attention."

"When I read that article, I...in a weird way had a high sense of conviction that that article and that sickness was not going to define who I was."

"I talk about that faith piece. Deep down inside of me, I'm a pretty competitive guy. I want to win. I like a challenge. I don't mind problem solving. I like to be in the fire. So in a weird way this became an obstacle I was going to get through, but the faith piece is, and I

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THE QUINCY SUN published a story about Brad Croall's diagnosis with chronic kidney disease in January 2022. Croall said a former Quincy resident saw the story, wound up being a match, and donated a kidney to him. "Because of The Quincy Sun and other publications that ran that story, there were so many selfless people that raised their hand to get tested to become a potential donor," Croall said.

Quincy Sun Photos/Scott Jackson

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Beer Garden Returning To Kilroy Square

By SCOTT JACKSON

Starting next month, the Quincy Chamber of Commerce will host its beer garden at Kilroy Square in Quincy Center three days a week.

The Chamber received special-use permits and one-day beer and wine licenses for the beer garden from the Board of License Commissioners at its meeting on April 4.

The beer garden will be open on Thursdays, Fridays and Saturdays this season starting on May 18. The permits the Chamber received run until July 22; Tim Cahill, the president of the Quincy Chamber, said he would be back before the board before then to seek additional

licenses to continue the beer garden into the fall.

When the beer garden kicks off for the season next month, it will likely be open from 3 to 9 p.m. all three days, Cahill said. Beginning on June 16, the beer garden will open at noon on Fridays to coincide with the start time of the Chamber's weekly Kilroy Square Farmers Market, which will be open from noon to 5 p.m. on Fridays between then and Oct. 27.

The Chamber has partnered with Braintree-based Widowmaker Brewing to host the beer garden in Kilroy Square—the public space inside the former Hancock parking lot—for the past two years. Cahill said this

year's beer garden would be set up similar to last year's, though the beer garden will be located closer to Revere Road because a new restaurant will be moving into the patio space previously used by the Chamber.

The beer garden will include live music and, new for this year, a rotating cast of food trucks. In addition, a cornhole league will be playing inside the beer garden on Thursday evenings.

"That will bring a crowd on Thursdays, the farmers market should bring a crowd on Fridays, and then they have their usual crowd on Saturdays," Cahill said. "We had a great year last year. I don't think this board got any complaints or any

issues.

"Widowmaker does a great job and I'm confident that the food trucks, even though we haven't used them before, they have, so we feel like they're really

solid. And because there will be a rotation this year, I think there will be a little more variety."

The board granted the permits for the beer garden in a unanimous vote.

"You've done a phenomenal job at the Kilroy area there," said Marli Caslli, the city's health commissioner. "I encourage more people to go to your events starting in May."



HARVEY'S SALT WATER Fishing Club recently held their annual organization meeting for 2023 at the Quincy Yacht Club. From left to right are former officers James Cowan (past vice president); Mike Cheney (past club secretary) and John Urbanus (past club president). The trio did not run for re-election. *Courtesy Photo*

Harvey's Salt Water Fishing Club Elects New Officers

Harvey's Salt Water Fishing Club held their annual organization meeting for 2023 at the Quincy Yacht Club. One of Harvey's Fishing Club primary functions has been to provide over 200 Disabled Veterans a day of fishing on the harbor and after, a sit down meal with entertainment. The event takes place in July with over 150 community volunteers helping out. Boats are donated by local lobstermen and volunteers from the community help with everything from assisting Disabled Veterans off the buses and on to the boats to serving food at the sit-down meal.

Elections for the Board of Directors was held. The new officers elected are Kevin Gomez, President; Liberty Schaaf, Vice President; Cheryl Cowan, Treasurer; Tina Lyons, Secretary; Paul Urbanus, Fleet Captain and Ed Urbanus, Assistant Fleet Captain. The former officers, John Urbanus served as the Club President, Michael Cheney served as the Club Secretary and Jim Cowan served as the Vice President. They did not run for reelection. John and Mike served as officers for the past 17 years. Jim served as an officer for the last 30 years.

John Urbanus stated at the Board meeting "Mike Cheney and I were brought

on board to help put the Club and the Disabled Veterans Day event back on track and to make sure the event was fully funded. I am pleased to announce that the Disabled Veterans Day Fishing Fund is in great shape. We have the funds and the tools to ensure that our disabled veterans will enjoy a day of fishing each year for the foreseeable future." John went on to say "it is time we step aside and endorse new leadership with new ideas to move this great event, that has been held for the past 64 years forward." John went on to say "None of this would be possible without the help of over 150 volunteers, the Lobstermen, the City of Quincy including the Quincy Police officers and our sponsors."

Mike and John congratulated the new Board Members and offered to help in any way they could. "We are not going anywhere. We have helped this great event for the past 35 years and we will continue to help our Disabled Veterans." Stated Mike Cheney. Kevin Gomez, the incoming President thanked John, Mike and Jim for their service.

The new Board of Directors wasted no time. They have set a fundraising event for June 3, 2023 at the Quincy Yacht Club with a buffet and DJ Music. "This is a

community event. All are welcome and encouraged to attend," stated president Kevin Gomez.

This year's Disabled Veterans Fishing Trip is scheduled for mid July.

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Moments in time

THE HISTORY CHANNEL

• On April 28, 1789, the HMS Bounty was taken over in a mutiny led by master's mate Fletcher Christian. Captain William Bligh and 18 of his faithful supporters were set adrift in a small boat but managed to navigate a journey of 4,000 miles over 42 days to safety without a single loss of life.

• On April 25, 1792, French highwayman Nicholas Jacques Pelletier became the first person to be executed by guillotine after stealing a man's wallet and killing him. The anticipated large crowd that witnessed his death was dissatisfied with the process, feeling it was too swift, even calling out, "Bring back our wood gallows!"

• On April 24, 1895, merchant captain Joshua Slocum, the first person to solo circumnavigate the globe, began his groundbreaking voyage out of Boston on the sloop Spray. His return to the States three years later went almost unnoticed, due to the earlier outbreak of the Spanish-American War, but the trip was immortalized in his 1900 book "Sailing Alone Around the World."

• On April 30, 1927, Hollywood couple Douglas Fairbanks and Mary Pickford were the first celebrities to officially leave their handprints and footprints in concrete at Grauman's Chinese Theater in Hollywood.

• On April 29, 1945, the U.S. Seventh Army's 45th Infantry Division liberated the Dachau concentration camp. Some of the soldiers were so horrified by conditions there that they gunned down at least two groups of captured German guards.

• On April 27, 1992, Baroness Betty Boothroyd became the first woman to be elected Speaker of the British House of Commons in its 700-year history. At the time, there were just 60 women in the 651-member House. A former professional dancer, she earned a reputation for fairness and impartiality over the course of her career, even issuing reprimands "with good humor and charm."

• On April 26, 2010, "Boobquake," a rally inspired by blogger Jennifer McCreight that aimed to protest news reports of controversial beliefs blaming "immodestly dressed" women for causing earthquakes, took place with an estimated 200,000 people participating worldwide.

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The Garden Bug Candytuft

This showy beauty usually has white flowers, but sometimes pink or lilac varieties are available. It can grow up to 18 inches tall. The candytuft likes very well-drained, alkaline soil, lots of sun and does well in most zones in the U.S. It likes stony or gravelly areas, making it a great plant for a rock garden or along a rock wall. It blooms early spring through summer, and sometimes will bloom again in autumn. - Brenda Weaver

Source: gardenbugonline.com

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April Is Women's Eye Health, Safety Month

By Dr. CAROLANN SPERANZO, DHS, RDO

The Centers for Disease Control and Prevention recently updated information finding that women experience more vision related conditions. The National Eye Institute has further noted that two in three people with visual problems are women.

Dry eye has become more of an issue with expanding computer use and is twice as prevalent in women. The potentially blinding condition of glaucoma is detected 67% more in women than men. The increasingly diagnosed and often devastating condition of age-related macular degeneration is found 65% more in women. Even just greater issues with seeing in the distance (myopia) is seven percent more common in women. Since all these disorders have the potential for vision complications and loss, it is important that women schedule an annual eye examination with an ophthalmologist or optometrist.

In order to raise awareness of this, the organization Prevent Blindness has chosen April as Women's Eye Health and Safety Month.

A healthy, nutritious diet may minimize the diseases that affect eye health such as diabetes, cardiovascular disease, and hypertension. Those using electronic devices should follow the 20-20-20 rule: every 20 minutes take a break

to look 20 feet away for 20 seconds. While doing this eases eye fatigue, blinking rewets and soothes eyes.

Economic issues often cause women to postpone the purchase of eyeglasses. Many Eye Care Professionals offer economy packages so feel free to ask. The Quincy Lions Club continues Helen Keller's calling from years ago to support those with vision problems. Anyone who may want to join in their work the Quincy Lions Club may be reached at quincylions@gmail.com or go to www.quincylionsclub.com for more information.

This April celebrate Women's Eye Health and Safety Month by scheduling an eye exam with your eye doctor and then an optician to help you choose appropriate eyeglass lenses and frames to see and look your best.

Dr. Carolann Speranzo, DHS is a Registered Dispensing Optician and owner of SECOND SIGHT in Quincy since 1979. She is a Fellow of the National Academy of Opticianry and the Contact Lens Society of American and certified by the American Board of Opticianry and the American College of Healthcare Executives. Speranzo is also an Adjunct Professor at MCPHS School of Healthcare Business and can be reached at 617.773.1178 or secondsighteyewear@verizon.net

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Board To Review School Security Assessment

Cont'd From Page 4

"I think it makes sense to do this in executive session and not to telegraph our punches," he said.

Committee member Tina Cahill thanked Koch for having the assessment done.

"In light of everything happening in this country, I think it is really important that we do the best that we can to make sure that our

students and teachers and staff are safe," she said. "We can't guarantee anything, but we need to do the best that we can and I appreciate that you're doing that."

Koch added that Supt. Kevin Mulvey would meet with principals to review security protocols in light of the assessment. The assessment will also lead to new capital investments.

"There is probably some

easy fixes," the mayor said. "Everyone gets lax, right, a little careless, a door gets wedged and it's open, those kinds of things. I know the superintendent is planning to address that with each of the principals and protocols in the schools, but then of course there are going to be those other items that are going to be probably some major cost items for invest-

ment in technology stuff.

"We'll talk about it when we get the full report."

The review of security personnel or devices is among the items public bodies, like school boards, can discuss behind closed in executive session under state law, along with items like collective bargaining and contract negotiations with non-union staff.

Events Planned For Hancock-Adams Common

Cont'd From Page 1

held there last year. Mark Carey, an aide to Mayor Thomas Koch, noted there are two new additions to the calendar - the Patriotic Day in July and the Shakespeare in the Park event the following month.

Carey said many if not all of the events planned there this year will have a food truck or food trucks on site. If not, guests are welcome to visit one of the area's restaurants.

Additional information on the events will be made available on the city's website, quincyma.gov, and in local media as they draw closer.

In other business on April 4, the board of license commissioners:

• **Granted** a special-use permit and one-day beer and wine license to Ragner

Events for its annual Ragner Relay on May 20. The relay begins the previous day in Groton, Conn., and concludes at Squantum Point Park in Quincy. The final exchange for the runners is the Quincy YMCA.

• **Granted** a special-use permit to Best Buddies for the 24th annual Best Buddies Challenge on June 3. The 100-mile bike ride begins in Boston and riders are expected to pass through Quincy between 7 and 8 a.m. that morning.

• **Granted** a special-use permit to the 2023 Bike MS Cape Cod Getaway for its annual bike ride on June 24. Riders will gather at State Street that morning and are expected to be through Quincy by 8:45 a.m.

• **Granted** a garage/repair license to AutoWerks for the premises at 678

Southern Artery, formerly home of Foreign Motor Works. Alvin Lui said he would be relocating his business from Braintree to Quincy. Like Foreign Motor Works, the shop will only be servicing European vehicles.

• **Granted** a common victualler license to Panda Momos Inc. d/b/a Tous Les Jours for the premises at 48 Billings Rd. Store owner Harry Eng said Tous Les Jours is a chain of French-Asian bakeries that will offer a variety of desserts and beverages made fresh daily - the bakery's name is French for every day.

• **Granted** the request of Quincy Yacht Club, 1310 Sea St., for a change in its officers and directors and a change in manager. Frank Lenardis will be the club's new manager of record.

In addition, Stef Webb, an executive at Gopuff, told the board the store's planned location at 65 School St. should be open in late May. Customers will be able to shop inside the convenience store or order online and have the products delivered to them.

The store's hours of operation will be 7 a.m. to 3 a.m. - it will be open for walk-in retail and delivery from 7 a.m. to 11 p.m. and then for delivery only between 11 p.m. and 3 a.m. Alcohol sales will be allowed from 8 a.m. to 11 p.m. six days a week and from 10 a.m. to 11 p.m. on Sundays.

The license board's next meeting is scheduled for May 9. The board had been slated to meet on April 18, but that hearing has been cancelled because of a scheduling conflict, City Clerk Nicole Crispo said.

Quincy High School Fashion Show May 4

The 2023 Annual Quincy High School Fashion Show will take place on Thursday, May 4th, at 7 p.m. in the Lloyd Hill Auditorium at Quincy High School. The Fashion Show will feature the work of over 60 Fashion students, including mini-collections from an impressive group of fashion majors. We are happy to collaborate with students from

TONI & GUY Hairdressing Academy as they add the finishing touch with hair and makeup.

This year's fashion students were given the opportunity to aspire to new creative heights. You will see garments created from commercial patterns as well as some original concepts and designs. There will be fashions for everyone; from day

wear, to evening wear, and men's wear as well as Eco-Friendly designs made from recycled and reclaimed materials.

Tickets are \$6 if purchased in advance or \$8 at the door. Tickets are available at the QHS Main Office or through a fashion student (cash only).

This year's show has also

been expanded to include "Dinner, Performance, and Reserved seating." A buffet style dinner is prepared by Quincy High School culinary students and served in the President's Café beginning at 5 p.m.

Dinner and show tickets are \$20. Call Robin Kaplan 617-376-3377 by April 28th to reserve your spot.

Scenes From Yesterday



Howard Street Entrance to Fore River Shipyard, Quincy, Mass.

Photo by W. Campbell, 108 Howard Ave., Quincy, Mass.

THIS IS A 1907 postcard view of East Howard Street in Quincy Point looking south from the end of Winter Street, which is just out of view on the right. The small cigar shop on the right was owned by Charles Hayden who lived in the back of his store. The long low building on the left was the Howard Street main entrance to the Fore River Shipyard, which had begun operations here in 1900. The tall building in the distant left was their

main office. When Bethlehem Steel bought the shipyard in 1913, they widened this street along here and replaced the buildings on the right with much larger buildings. They also replaced the wooden office building with a much larger brick and concrete building that still stands. William Campbell, who lived just up the street on Howard Avenue, produced this postcard.

From the Tom Galvin Postcard Collection

READERS FORUM - MORE FORUM PAGE 13

Responds To Woodward School/Adams Academy Story

Dear Editor:

I write regarding the Sun's January 19, 2023 article, "Judge Rules Against City in Adams Academy Suit." While the article clearly covers the Norfolk County Superior Court's decision & order, several of the Mayor's quotes and references in the article require correction as they misstate critical facts.

First, Quincy's Mayor Koch described this action as a "money grab" by the Woodward School, a charge I would like to address with a little background. The case regarding the Adams Academy, in fact, was brought by the Trustee of the Academy, who is responsible for any legal matters as the owner of Adams Academy. The Woodward School is simply a passive player in this situation as it is the beneficiary of the trust that holds the Academy property in its portfolio. The Woodward School does not own, control or manage the Academy in any way - so the Mayor obviously, and very intentionally it appears, continues to mislead the public with his comments. The Mayor's related quote - that Woodward seeks "stick up money" - must also be corrected, as it equates thuggish behavior with this historic institution, whose sole purpose is to educate young women from Quincy and surrounding neighborhoods and towns. Such a statement is a poor reflection on the Mayor's intentions.

Second, Mayor Koch stated in the same article, "to claim that the Adams Academy somehow belongs to them [Woodward] is outrageous." In fact, the Woodward School has never made such a claim. Ever. Why? As the Supreme Judicial Court has noted more than once, there is no dispute that the Academy belonged to the Adams Trust since 1822. Of course the City knows the Academy is an asset of the Trust, having once been designated as trustee itself of the same Trust for many years. In fact, the City was removed about 20 years or so ago as trustee for having committed breaches of fiduciary duty and acts of self-dealing. As trustee, the City in fact sold valuable property once owned in the Trust for what Norfolk Probate Court Judge Langlois determined were "pennies on the acre." In addition, Judge Langlois found many real estate parcels sold out of President Adams' Trust went to insiders connected to the City and that these sales converted property from a non-tax producing charitable trust into tax-generating properties. Therefore, it seems to me that the Mayor's "money grab" language is misplaced - and more aptly describes the actions of those in the City who violated their fiduciary duty owed to President Adams' Trust. Blaming the Woodward School for this atrocity is off the mark.

Thirdly, Mayor Koch stated that John Adams "never

mentioned the Woodward School in his will." Since John Adams wrote his will (and died) 70 years or so before Woodward was established, of course he couldn't mention this. And yet, it seems the Mayor intended to deny that the Woodward School is the beneficiary of President Adams' intent and largess. In fact, John Adams' objective was to support private education for young men, and his cousin and personal physician, Dr. Woodward, along with his wife, Mary Greenleaf, left money to support the private education of young women to complement this very purpose - and did so, literally setting up the schools across Hancock Street from one another. This is why the Supreme Judicial Court directed the income from the Adams Trust (since it was no longer supporting Adams Academy, which had closed) to the Woodward School back in the 1950's - as Woodward was the closest thing to President Adams' original intent regarding education. Stating that "President Adams never mentioned Woodward" also conveys the sort of pointed animus that fails to honor the best traditions of our City.

Finally, it is noteworthy that the Sun's article failed to quote either the Trustee or the Woodward School for any comment or clarifications on the matter, and by doing so, left out important voices that could have provided more objectivity and factual correction.

The Woodward School is the oldest not-for-profit educational organization in our great City and is one of the oldest single-gender schools in the United States. The Woodward School is just as historic as its brother school, the Adams Academy - though the City fails to treasure it in the same regard.

How do I know all of its history? My mother, the late Phyllis Porter Coleman (class of 1946) and myself are proud alumnae of the Woodward School, and as a taxpayer and voter in Quincy, where I have lived for most of my adult life, I will not stand by and let my alma mater be maligned by such untrue, misleading and ugly comments. My Woodward education has been foundational to many of my personal and professional achievements. Our great First Lady, Abigail Adams, is often remembered for admonishing her husband to "Remember the Ladies." Let's also remember that ladies begin as young women, first. It would surely serve all more effectively and honor the legacy of John and Abigail Adams with more dignity if statements from our elected officials about the historic entities like the Woodward School and its historic mission to graduate confident, passionate, college-bound young women - were accurate and uplifting in the future.

NJ Coleman

Woodward School Class of 1982

Quincy's Yesterdays

This Week
1990
33 Years Ago

77 Tons Of Paper Recycled In One Week

Ward 3 City Councillor Lawrence P. Chretien, chairman of the Recycling Committee, reported that recent developments in the city's curbside paper recycling program indicate that further progress is being made.

First, 77 tons of paper was recycled the week of March 26 through March 30. Chretien said the total is the most paper recycled during a "B" week, since the program began last May.

Secondly, a paper drop-off center has been established for residents behind the David S. McIntosh Public Works building at 55 Sea St.

Thirdly, recycling with city owned buildings has begun. Office and computer paper is being collected at the Quincy Vocational Technical School.

CHENEY PROPOSES BUILDING OFFICE OPEN ONE NIGHT

Councillor at-Large Michael Cheney has asked Mayor James Sheets to consider opening the Building Inspector's office one night a week during the spring and summer months in order to make the department more accessible to residents.

Cheney has proposed the department be opened Thursdays from 5:30 to 9:30 p.m. for residents, to allow them to seek advice regarding property improvements and to obtain building permits.

QUINCY-ISMS

Northeast Fish and Lobster Co., 148 Granite St., Quincy, was advertising "This Week's Special, Lobsters Up to 1 1/2 pounds, \$4.99 a pound".... Senator Paul D. Harold announced that a fundraiser would be held April 24 at the Neighborhood Club to benefit the John F. Kennedy Memorial Statue Fund.... Nicholas Barbadoro, Clerk Magistrate of the Norfolk Superior Court, received the Quincy Bar Association's Alfred P. Malaney Memorial Award for Distinguished Legal Service. The award is granted "In recognition of Distinguished Service to the Community in the Practice of Law and in Defending Individual Rights in Accordance with the Highest Ideals of the Legal Profession".... The Fore River Long Service Club, Quincy Shipyard, was planning its 62nd annual banquet to be held Thursday, April 26 at the Sons of Italy Hall, Market St., Rockland. Invited head table guests included Gov. Michael Dukakis, Congressman Brian Donnelly, Mayor James Sheets and Senator Paul Harold.... The First Church of Squantum was sponsoring its annual Easter Sunrise service at the Mosswetuset Hummock at 7:30 a.m.... Bethany Congregational Church held its annual re-creation of Jesus' ride to Jerusalem on Palm Sunday. John Leuchte portrayed Jesus. Welcoming Jesus with palms were Melissa Welch, Mary Chenette, Jonathan Foley, Brian Capobianchi, Danny Kinnecom, Beth Devlin, Robin Briggs, Luke Rains, Kristen Cotter, Jonathan Caliri and Elissa Lundin.... The Quincy Building Department issued 124 permits totaling in construction \$4,160,885 for the month of March.... Five associates of the Jack Conway and Company's Wollaston Real Estate Office received achievement awards for January and February. They were Joe Ricker, Joyce Baker, Betty Hourin, Carol Cahill and Phyllis Ryan.... Patti Wasserman and Michael Rosenblatt announced the opening of their law firm, Wasserman and Rosenblatt for the practice of general law, with an office at 28 Spear St., Quincy Center.... Photo Quick, 1363 Hancock St., Quincy Center, was advertising "Now Same Day, Slide Processing".... Marie's Kitchen by Quincy Sun culinary writer Marie D'Olimpio was featuring the recipe for a "Ham and Roast Stuffed Lamb for Easter Dinner".... The Quincy Christmas Festival Committee was seeking the public's input in suggesting a theme for the annual Christmas Parade. Theme entries for the 1990 parade were to be submitted no later than April 22 to Mrs. Frances Flynn, North Quincy.... A.E. Goodhue's, Inc., 13 School St., Quincy, was offering "Highest Quality Trophies, Free Engraving, 24-Hour Service and Free Delivery (on pre-paid orders of \$100 or more)".... Quincy Lions Club members Eugene Creedon, Bob Quinn and Jim Flaherty did the cooking at the annual Quincy Lions Club Pancake Breakfast held at the Lincoln-Hancock School.

1,090 Students On North Quincy High School Honor Roll

One thousand ninety students are listed on the second quarter honor roll at North Quincy High School.

DISTINCTION

Grade 12: Chika M. Akukwe, Brianna B. Alvarado, Michelle Afifi Arceo Graniel, Liam T. Bailey, Olivia R. Bailey, Joseph C. Bates, Kate E. Billard, Kevin M. Blido, Julian M. Bokulich, Tristan C. Bowler, Anya M. Brenner, Benyapa Bunrueng, Nathan C. Caldwell, Bridget A. Capone, Jack S. Cavicchi, Denhua Cen.

Brian Chan, Candace Chan, Natalie Chan, Olivia L. Chan, Yuet Tung Chan, Yvonne N. Chan, Arnold H. Chen, Brian Chen, Donna Chen, Hanyang Chen, Helen Chen, Jennifer Chen, Jessica K. Chen, Jingen Chen, Justin J. Chen, Vanessa Z. Chen, Xingyu Chen, Yonglin Chen, Colin Cheng, Anthony W. Cheung, Erica C. Cheung, Melanie J. Chretien, Ammar A. Chunda, Dylan J. Clifford, Ava M. Coffey, Jamie L. Collins, Oisín D. Coogan-Coyne, Caitlin M. Cormican, Katelyn E. Craig, Norah R. Cronin.

David J. D'Antona, Dominique T. Dang, Nathan J. Davis, Benjamin T. Dawe, Julian J. De Jesus, Kyle R. DeBoer, Ava M. DeLuca, Joycelynn D. Diep, Mary M. Dineen, Kevin Duong, Kristen P. Duong, Maya E. Egan, Nicholas E. Enbar-Salo, Anthony J. Enos, Weifeng Fang, Caitlin M. Fee-ney, Matthew S. Fitzgerald, Wing Seng Fong, Vivian W. Fu, Linda Gao, Ella M. Gates, Julia L. Gillespie, Aidalee B. Giordano, Hui Xian Guan, Ashna Guha.

Ira Habiba, Jonathan J. Ho, Van K. Hoang, Anthony S. Holmes, Alan Q. Huang, Jiahong Huang, Ken Huang, Megan Huang, Nikki Huang, Oscar Huang, Xu Huang, Suleka J. Hussein, Elton D. Huynh, Katie Jiang, Graeme W. Johnston, Kendall M. Kazmowski, Aliyan Kiani, Ethan K. Kwong, Lauren C. Lai, Ebony A. Lake, Caleb H. Lam, Michaela Y. Lam, Vincent Lam, Beck A. Lamotte, William D. Le, Jennifer M. Lee, Kayla G. Lew.

Alex X. Li, Annie Li, Isaac T. Li, Ivan T. Li, Jason W. Li, Jianing Li, Jiawen Li, Kaitong Li, Hengwei Liang, Sahara Liang, Hao Lin, Hedy Lin, Ivan Lin, Keyi Lin, Eileen Liu, Xiaorong Liu, Christine H. Loney, Amy Q. Lu, Alyssa L. Ly, Tuan V. Ly, Michelle C. Ma, Heidi Malushi, John Thomas M. Malvesti, Molly A. McGovern, Giordano J. McKenzie, Melanie Moy, Grant T. Murphy, Keira G. Murphy.

Mollie J. Nelson, Sophie M. Nerine, Abigail

Newton, Isaac Ng, Diana T. Nguyen, Hoang Dinh Vy Nguyen, Huu Phuc Nguyen, Mitch J. O'Brien, Amanda L. O'Neill, Daniel O. Olu-bodun, Yijing Pan, Mia C. Pecevic, Alex Pham, John R. Pickering, Cassidy M. Plante, Madeline E. Power, Kevin M. Pritchard, Brandon J. Riley, Peter J. Romeo, Curtis Ru, Mia L. Ryan.

Keiko E. Shafton, Zixian Situ, Asani T. Smith, Marybeth M. Smith, Nathan D. Stagg, Alexander L. Stankov, Mary F. Stanton, Adeline Sun, Manlin Sun, Jinglin Tan, Nicolas J. Tang, Steven Tang, Zachary Taylor, Sabrina Teng, Lunn K. Tha, Ivy Tiet, Jason Ton, Maxwell J. Toomey, Gai Nhien Trac, Antonie D. Tran, Jada Tran, Phuong N. Tran, Nhut Quang Verrier, Kaitlyn T. Vu, Patrick J. Webber, James Weng, Joseph K. Whooley, Matthew J. Whooley.

Stella J. Wong, Emily Z. Wu, Isabelle Wu, Josie J. Wu, Zeyi Xiao, Christina Xu, Qitong Xu, Tammie A. Xu, Yong Wen Xu, Jocelyn A. Yee, Joey Yu, Alfonso K. Zeng, Emily Zeng, Jacky C. Zhang, Jacky Zhao, Allen Zheng, Ray L. Zheng, Zi Xi C. Zheng, Brandon Zhou, Elaina R. Zou, Ivan Zou, Weijun Zou, Nora E. Zraiza.

Grade 11: Avery J. Abrahamovich, Jonathan Jasper Baldini, Niamh N. Barrios, Caroline E. Beers, Jessica L. Berber, Victoria A. Berry, Leilan L. Bias, Anastasiya Bielova, Emma V. Bille, Elle M. Blahut, Emma M. Boylan, Ava F. Bryan, Elaine M. Cai, Joseph A. Campo, Helen A. Cao, Tina Cao, Patrick J. Cayer.

Angela Chen, Brian Chen, Chris Chen, Chris C. Chen, Franklin Chen, Jasmine Chen, Jason Chen, Jiaqing Chen, Julia Y. Chen, Mabel F. Chen, Meiki Chen, Nelson H. Chen, Nichole X. Chen, Siying Chen, Steven Chen, Vicky Chen, Wen H. Chen, Xuan Chen, Yi Chen, Yong Chen, Zhi Chen, Elizabeth C. Cheung, Nicholas Cheung, Natasha Chieng, Tiffany S. Chin, Maggie G. Ching, Anthony F. Chiu, Nathan M. Choi, Arpa Chowdhury.

Kyle E. Clements, Grace E. Cody, David W. Connolly, Aluna J. Coogan-Coyne, Emma D. Cramond, Kian B. Crampton, Diana Dang, Kody L. De Jesus, Christian X. Devin, Boubakar Biallo, Brian Duong, Ethan Duong, Huan C. Duong, Arli Dylja, Kayla Eth, Parker H. Evans, Faye G. Fitzpatrick, Thomas M. Ford, Jerry Gao, Brooklyn R. Geary, Madeline J. Gola, Dominic E. Gonzales.

Paige P. Grippi, Alan J. Guan, Kenny Guan, Stephanie Guan, Piper E. Henderson, Florence S. Huang,

Katherine J. Huang, Katherine S. Huang, Weicong Huang, Xin Xiang Huang, Xiu Ying Huang, Sophie T. Huynh, Laura Jiang, Richard Jiang, Cameron M. Johnston, Emraan K. Kafih, Casey A. Kelly, Ethan Y. Kim, Isabel C. Kraimer, Hnin Nanda Kyaw, Sophia J. Kyrans.

Hong Ni A. Lau, Kimberly H. Le, Derek Lee, Kyra M. Lee, Keldon G. Lei, David Li, Jack Li, Jasmine Y. Li, Zirou Li, Aixin Liang, Vicky Liao, Wenbin Liao, Chryzza Jane Las Librea, Charlotte J. Lin, Janice Lin, Jiahuan Lin, Raymond S. Lin, Ruhan Lin, Ruhan Lin, Yan Lin, Yan Lin, You Lin, Danny Liu, Justin Liu, Oscar Y. Liu, Oscar Y. Liu, Michael P. Lopez, Britney X. Louie, Grace E. Lowe, Shi Yan Lu, Kate J. Lyons, Megan F. Lyons.

Charlie Mai, Taylen R. Marquez, Erin C. McCulley, Grace W. McGough, Lucy K. McLaughlin, Alex Mei, Vanessa Mei, Xiaobin Mei, Joseph Ethan A. Mercado, Luca A. Mochi, Emma Molla, Aye M. Mon, Juan E. Morales Bustos, Ethan Ngo, Hoang Dinh Tri Nguyen, Kayla Nguyen, Owen Ni, Autumn E. O'Campos, Brendan J. O'Driscoll, Angelo F. Orlando.

Jessie X. Pan, Enhea Panariti, Briana T. Pham, Nicky M. Pham, Grace M. Pickering, Jason T. Preziosi-Madden, Ruoxin Qiu, Emily Quach, Anushka Raj, Isabella C. Reyes, John T. Rixham, Brooklynn C. Rizzo, Mary P. Saccoach, Anna R. Sekmokas, Benjamin Setow, Ryan C. Setow, Sophie R. Shaw, Violet F. Shaw, Sofija E. Slezas, Killian T. Sloan, Caroline D. Snyder, Renee Y. Su, Abigale N. Szeto.

Denny T. Tan, Wen Chao Tan, Molly M. Toland, Klaus Toton, Viet Q. Tran, Hao Trieu, Kyle J. Tsang, Zara J. Valencius, Anthony J. Vo, Conor G. Walsh, Meera C. Watkins, Hecheng Weng, Jing Qi Weng, Galayna M. Willis, Michael Wong, Alvin Wu, Brandon H. Wu, Chloe Wu, Kwun Chik Wu, Dennis F. Xia, Bingxian Xie.

Fanny K. Yang, Hongcheng Yang, Yuxi Yang, Jialin Yu, Jacky Zhang, Jingyi Zhang, Kevin Zhang, Wilson T. Zhang, Eric Zhao, Janice Zhao, Daniel Zhen, Andy Zheng, Jamie Zheng, Jingxuan Zheng, Owen Zheng, Yalin Zheng, Laura Zhu, Roger Zhu, Jason Zou, Wendy Zou, Connor J. Zyn-da.

Grade 10: Kyanna M. Acevedo Rivera, Audrey Y. Ao, Julia D. Bauman, Chanita Bunrueng, Brigid C. Burke, Lillian E. Carey, Thomas K. Chan, William Chan, Connie Che, Anna X. Chen, Catherine F. Chen,

Cynthia Chen, Emily Chen, Emily Chen, Hongwei Chen, Jessica J. Chen, Joey Chen, Kathley Chen.

Maggie Chen, Melanie Chen, Michelle X. Chen, Nicholas Chen, Samantha Chen, Wei Chen, Zheng Shi Hao Chen, Zhe Hao Chen, Nancy Chieu, Michael C. Clark, Katelyn M. Collins, Seamus O. Conneely, Ciel B. Connor, Meadow A. Cooper, Aidan Dao, Chase V. Deering, Erin G. Della Barba, William C. Deng, Aakanksha S. Deshmukh, Mamadou Aliou B. Diallo, Anthony M. DiBella.

Samantha J. Dopp, Antoni Duong, Athena Duong, Chloe A. Duong, Manlai Enkhjargal, Anders J. Eshelman, Liam S. Faherty, Nancy Fang, Ava E. Ferolito, Shauna A. Foran, Chun Gao, Joyce Gao, Katrina Gao, Maxwell F. Gaudiano, Michael F. Geary, Lauren C. Gillooly, Esmeralda A. Giordano, Iris F. Gjoko, Ava G. Hamilton, Miles C. Hastings, Han Huang, Hugo J. Huang, Jason J. Huang, Jessie Huang, Jonathan Huang, Kevin Huang, Caitlyn C. Huynh.

Xuan-Mai C. Ippolito, Keilyn M. Irwin, Sophie Jiang, Sadie R. Johnston, Calla G. Jones, Aya N. Kafhi, Chung Ting Koo, Kelly M. Kwan, Rina J. Kwong, Trisha H. La, Alexia F. Laci, Alexander V. Lai, Sophia A. LaPenna-Hayes, Amy T. Lau, Tabitha P. Lee, Andy Li, Johnny Li, Mignon Li, Spencer K. Li, Steven H. Li, William Y. Li, Yu Zheng Li, Zhenyu Liang.

Allan C. Lin, Alvin Lin, Can Lin, Kalven Lin, Laura Lin, Ren Qiang Lin, Ryan Lin, Triston Lin, Vincent Q. Lin, Austin G. Lio, Brian G. Lio, Charlotte W. Liu, Joanne Liu, Stanley Liu, Violet Liu, Katelyn C. Low, Francesca F. Luy, Vanston Ly, Elizabeth A. Madden, Yihan Mai, Joey Man, Aidan J. McCarthy, Emma M. McGovern, John A. McGurty, Randy Mei, Tyler J. Mergel, Hannah E. Moriarty, Lucas I. Mota, Mandy A. Moy.

Sean Padrick Nelson, Vy V. Nghiem, Danny H. Nguyen, Kobe L. Nguyen, Ngoc Thuy Tien Nguyen, Shayna Nguyen, William M. Nguyen, Aiden P. Noe, Kimy E. Ong, Emily J. Ou, Jiayi Ou, Aryanna J. Paige, Ruby J. Pan, Robert Pham, Pitchada Phet-An, Ruixin Qiu, Joseph J. Reddig, Ayden J. Rosario, Maya Rosenthal, Cora S. Ryan, Anya A. Sangani, Leila Schaareman, Alexander L. Schramm, Irena Shi, Elana M. Shuel.

Andy Song, Sean Michael P. Szilva, Serena Taccelli, Amy Q. Tan, Heung Ying Tan, Andrea B. Tang, Vivian Tran, Joshua X. Truong, Vianna Truong, Jona-

than Tsang, Yvonne H. Vo, Matthew A. Wallace, Sascha K. Walsh, Jocelyn G. Walt, Tiffany Wang, Jacky Y. Wen, Henry Y. Wong, Joyce Wong, Avery F. Wood, Amy Wu, Brian L. Wu, Wen Qian Wu, Yongqi Wu.

Zixi Xia, Ryan M. Xu, Ruiqiong Yan, Madelyn A. Yang, Jonwah Yi, Yi Yu, Alana H. Yun, Benjamin Zeng, Vic H. Zeng, Annie J. Zheng, Avril Zheng, Joyce Zheng, Xin Zheng, Raymond Zhou, Alexander J. Zhu, Yinlin Zhu, Fiona Zou, Tina Zou, Vicky Y. Zou.

Grade 9: Emmet V. Allen, Tristan J. Andre, Jackson Baldini, Thea C. Bandzak, Nour A. Benjama, Brooke C. Blahut, Celine Blanco Sanchez, Adam C. Byrne, Aubrey M. Callard, Johanna M. Castonguay, Katelyn T. Chan, Andy Chau, Anson Chau, Benson Chen, Brendan Chen, Brian X. Chen, Chloe Chen, Ethan Chen, Fiona Dong Yi N. Chen.

Hanlei Chen, Jiaqi Chen, Johnny W. Chen, Kathy Chen, Lily Chen, Michelle Chen, Ryan Chen, Sharon Chen, Sophia J. Chen, Tammy Chen, Tracy Chen, Vincent Chen, Willa Z. Chen, Yifeng Chen, Wing Kiu Cheng, Elmeria C. Cheung, Zoe Chui, Rose M. Crean, Amelia E. Crowley, Anna E. Crump, Alexandra M. Darcy, Sherry Deng, Albert X. Dong, Henry Duong, Sophia L. Edwards, Audra R. Eshelman.

Rida Fatima, Giovanni C. Faulder, Jacquelyn G. Ferrara, Aiden S. Gao, Ana Gilaj, Bertrand Guan, Christina Guan, Jonathan Guan, Sophie M. Hagstrom, Elizabeth R. Hames, Grace E. Healy, Robert J. Hickey, Grace J. Hottelman, Manlin Hu, Terry Hua, Jason J. Huang, Shiya Huang, Xi Shi Huang, Fiona Y. Hui, Danny N. Huynh, Kiara J. Ikonomi, Dongyan Ji, Nicole Jiang.

Anna Kuang, Cady Kurdari, Logan A. Lai, Chloe T. Lam, Nicholas K. Lam, Alex V. Le, Andrew V. Le, Benjamin Q. Le, Huy D. Le, Vivian V. Le, Esther Lee, Jordan L. Lee, Nina Lei, Miguel L. Lemay, Anna Li, Belle Li, Grace Li, Jia Yan Li, Kyle Li, Sarah K. Li, Yufei Li, Ziyi Li, Jingxin Liang, Raymond W. Liang, Emily M. Lim, Angelina S. Lin, Cyrus Lin, Donald Lin, Emily Lin, Jason Lin, John Lin, Vincent Lin, Aaron J. Liu, Ethan X. Liu, Edward W. Louie, Nickie Lu.

Bai Ying Ma, Sarah Malushi, Marko Mano, Kylie M. McDonald, Iyanna V. McGee, Anna M. Mei, Vienna Mei, Harper A. Mergel, Eily A. Morris, Maeve E. Murray, Rosalie M. Neal, Livia A. Ng, Kevin Ngu, Anh M. Nguyen, Brady K. Nguyen, Justin Nguyen,

Alvin Nikolla, Kevin Noti, Markel Noti, Margaret R. O'Brien, Vivian Y. Ou, Zhi Yuan Pan, Zhiyi Pan, Olivia Petrongolo, Ella L. Pettigrew Lynch.

Caroline Pham, Jolie Quynh Pham, Huy Q. Phan, Deila Mara C. Pires, Yu Fun Qiu, Brian Quach, Tingting Ruan, Anna G. Ruggiero, Daniel Setow, Amelija M. Slezas, Maeghan C. Smith, Victor Teng, Wilson To, Jasmine N. Tran, Nguyen Anh Huy Tran, Owen T. Tran, Winnie Tran, David Vu, Vivian C. Walker, Matthew Weng, Ryan M. Wirtz, Ethan Y. Wong, Nicole G. Wong, Feijun Wu, Katherine Wu, Melinda Wu, Tsz Pui Wu, Michael S. Wubeshet.

Yilang Yan, Jennifer Yang, Stephen Yu, Ryan Zeng, Mendel Zhang, Tiffany Z. Zhang, Alex X. Zhao, Jasmine Zhao, Justin Zhao, Yanhao Zhao, Brian Zheng, Brian Y. Zheng, Devin Zheng, Ella Y. Zheng, Jiajun Zheng, Lydia Zheng, Nina J. Zheng, Monica Y. Zou, Jonathan Zhu, Nikkie J. Zhu, Joshua Zou, Peter E. Zou, Julia A. Zynda.

HIGH HONORS

Grade 12: Sachie Andrade, Naiara Bautista Minaya, Dina N. Che, Yumi Chen, Yumiko Chow, Sophia M. De Lima, Thien Nhan Dinh, Alexander J. Duane, Urangoo Enkhjargal, Yixiang Gao, Nathan K. Ho, Jiayi Li, Andrew V. Lim, Adam Lin, Jerry Lin, Cristian A. Lopez Verapaz, Miranda K. Luke.

Matthew C. MacWhinnie, Klaudia Mance, Thomas J. McGillicuddy, Avery K. McNeely, Marcus W. Moore, Catherine G. Murray, Anh Q. Nguyen, Mai Ngoc Yen Nguyen, Margaret M. Power, Liam J. Rogers, Caitlin M. Stockdale, Julia Tow, Aaron Tsang, Kyle E. Vo, Andy Vu, Jing Wang, Sophie Xie, Kevin K. Xu, Yangfeng Yu.

Grade 11: Molly A. Carroll, Lillian E. Champagne, Jiaming Chen, Kevin Chen, Thomas Chen, Sean P. Connolly, Adalee K. Crowley, Joseph M. Enos III, Scott S. Feterowski, Jaythan M. Figueroa, Grace S. Flaherty, Joana Gjini, Phillip J. Huang, William G. Huang, Xiaoying Huang, Benjamin J. Hudach, Daniel E. Hudach.

Joseph R. Lencki, Ethan H. Li, Jason C. Lin, Timothy Y. Lin, Dennis Z. Liu, Jordan D. Mahoney, Jade E. Manning, Charlotte R. McCarthy, Ava R. McGrath, Jackson J. Medeiros, Kathy Q. Mo, Isabelle Ng, Sophia Ngo, Caroline P. O'Donnell, Christopher J. Pham, Yayi Situ, Madeline B. Smith, Nina E. Smith, Jiamin Tang, Emmet G. Walsh, Brian A. Wolowicz, Anne Yuan, Wil-

751 Students On Quincy High School Honor Roll

Seven hundred fifty-one students are listed on the second quarter honor roll at Quincy High School.

DISTINCTION

Grade 12: Melani Aguerre, Amira F. Aistaid, Maha A. Al-Ibrahimi, Sarah E. Alberione, Yaseen S. Ali, Zaila D. Alves, Ali H. Alzubaidy, Dilan S. Arda, Saidy G. Arias Guerrero, Edwin G. Astronomo Jr., Jason K. Au-Duong, Matthew T. Bartkus, Madeline C. Baryza, Juan P. Bengoa Croxatto, Victoria P. Bentley, Lea R. Bergin, Jayda M. Berry, Caroline E. Bertrand.

Anthony J. Bina-Rodriguez, Kayla M. Blatcher, Jesse S. Bollinger, Angel H. Bresnahan, William M. Britt Jr., Vivian Zoe C. Burke, Morgyn T. Butler, Caroline C. Campbell, Kyle H. Cao, Audrey R. Capone, Dynasty V. Cardoso, Isabella M. Carinci, Mallory E. Carlson, Harun K. Chaani, Vanessa T. Chan, Corey N. Chaparro, Aliciana A. Charbonier, Ruben M. Charles.

Andy Chen, Anni Chen, Calvin Chen, Kenny Chen, Nick Chen, Charles H. Coffey, Patrick J. Coleman, Hailey A. Concannon, Hanna A. Concannon, Ava M. Cook, Jonathan J. Cooper, Matthew R. Copp, Joseph R. Cugini, Rebekah H. Dang, Xingwen Deng, Nadia J. Dickerson, Kamryn A. Disisto, Mary A. Doherty, James E. Donofrio, ADO Can Doru, Julia M. Dwyer, Jouri W. Elsadek.

Mairead J. Folan, Mattea B. Garrett, Kloe A. Gora, Kaitlyn A. Gough, Rebekah H. Hall, Reyahanna T. T. Hanson, Joshua J. Henderson, Huy Q. Ho, Paige E. Holleman, Bonnie Huang, Sophia Y. Huang, Nicholas J. Hughes, Ismayil Ismayilov, Ronak Jahangirian, Angelina S. Jewell, John W. Kabay, Alexandria G. Kane, Brianna C. Keddy, Shubham Kumar.

Huong V. Le, Sonny Le, Tiffany Le, Thomas W. Lebo, Josephine W. Leung, Ruby M. Levine, Elysha A. Louis, Carmel J. Luc, Meidong Ma, Shane M. MacNeil, Deekshita Madhalam, William G. Martin, Desiree E. Masone, William K. McCoy III, Lilly P. McKeon, Brianna R. McKinney Roman, Colin K. McPherson, Yu Fan Mei, Christopher T. Moon, Luke I. Murphy.

Ty J. Neal, Devin T. Nellany, Ariel N. Nguyen, Casey V. Nguyen, Dante T. Nguyen, Emily Nguyen, Katherine T. Nguyen, Lena K. Nguyen, Lillian T. Nguyen, Lyvvie Nguyen, Nhi T. Nguyen, Thi Anh Thuy Nguyen, Trang T. Nhu, Delia A. Nichol, Dhriti Nijhawan, Madison M. O'Connor, Thomas P. O'Neil, Jake M. Ollmann, Angela N. Pham, Andrew S.

Philibert, Kelly Phu.

Sapphire Polynice, Theodore J. Porter, Dheeraj Aravind Prakash Viswanath, Connor W. Putnam, Uyen Nhi Quang, Victoria N. Rak, Kenneth J. Reale III, Jeffrey M. Reese, Alexander T. Rheault, Andrew P. Riva, Marissa R. Rodriguez-Davis, Lily Rong, Adner F. Sanchez-Llano, Jaime J. Sansouci, Annika M. Schmitt, Sadeq J. Shareef, Ethan C. Sheng-Clarke, Vasiliana Sota, Max S. Spendlove, Sam A. Spendlove, Katelyn R. Stirling.

Allison Thiha-Wong, Brynn B. Toler, Caroline E. Tracey, Anna K. Tran, Katrina M. Tran, Steven K. Tran, Samuel J. Traynor, Andy Truong, Jimmy Truong, Kaitlyn N. Vo, Lena M. Waldron, Skyla P. Whelan, Brandon K. White, Jakai E. Whitfield, William A. Wismar, Stephen J. Wright, Haixiang Yu, Jesse Zheng, Jiaxin Zhu.

Grade 11: Ali K. Abdulaameer, Ryan K. Aitsaid, Mina Al Tikriti, Eduardo O. Albino, Fatma M. Alkinani, Tayf H. Alsaad, Amina Amimer, Joaquim B. Baiense, Katherine E. Bardwell, Bryan C. Barrera, Emma M. Bateman, Gaetano J. Belfort, Maria G. Bengoa Croxatto, Preston M. Cavin, Endi Cenermeri, Kelly W. Chan, Anita Chen, Sierra Chieng, Emily S. Chin, Kieran J. Collins, Grace M. Connor, Celia G. Cronin, Grace M. Cuniff.

Lyna R. Dang, Sonia R. Dijkstra, Miguel S. Dos Reis, Kathy M. Duong, Aidan Q. Fisher, Devereux A. Fuller, Erin M. Garvin, Ciara M. Golden, Anilton Gomes Jr., Antonio R. Gonzalez, Nicholas J. Gott, Giada Guarino, Makayla C. Gustafson, Kevin J. Heim, Tim F. Heise, Mashkat S. Himat, Isabelle K. Hogan, Matthew J. Hollatz, Emma R. Holliday, Oreana Y. Huang, Tina Huang, Lam Y. Huynh.

Molly E. Jacobs, Jennifer J. Jarrett, Pichsinee Jindawit, Jan A. Kepczynski, Oleksander V. Klindukh, William Z. Lam, Michelle Le, Amanda Leao Bicalho, Isaac Lee, Tiffany P. Lee, Katelyn W. Leong, Hai Lin Li, Tameka F. Liang, Isabel V. Llamas, Joao V. Lorenzetti, Jacomelli, Hai K. Luong, Tucker E. MacDonald, Thomas E. Maher, Ganga N. Mahesh, Dillon P. Mandawe, Trevor J. Mangino.

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WHAT'S COOKING

with

Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Easy Boston Cream Pie

By MARIE

I always liked having something baked in the house in case of unexpected guests or if any of my kids drop in. Usually it is apple pie (their favorite) or some kind of cake to have with our coffee or tea.

After looking over some of my old recipes I found today's recipe for Boston Cream Pie. I love the cream filling that goes with this recipe as it is one my mother used to use to fill cream puffs instead of whipped cream.

Recipe

½ cup butter (1 stick)
1 cup of sugar
2 eggs beaten
2 cups of cake flour
2 teaspoons baking soda
½ tsp salt
2/3 cup of milk

Preheat the oven to 375 degrees.
Melt butter and add the sugar, mix until well blended.
Add the eggs and mix again.
Add the dry ingredients alternately with the milk and mix for 2 minutes.

Pour into 2 greased 8-inch layer cake pans.

Bake for 20 minutes or until toothpick comes out clean.

Turn out on cake racks and let cool.

Recipe for Cream Filling

½ cup sugar
2 1/2 tablespoons flour
¼ teaspoon salt
1 cup of milk
1 egg beaten
½ teaspoon vanilla

In a saucepan mix the sugar, flour and salt.

Add ¼ cup of the milk and stir until smooth.

Add the rest of the milk and cook on low heat until thickened.

Slowly add the eggs and cook for 2 more minutes, add the vanilla and cool.

Put the creamed filling in the center of the two cakes.

Top with powdered sugar or shredded coconut.

P.S. Cake can be frosted with a chocolate frosting.

Millet Fritters

By SUZIE

Have you ever cooked with millet?

Millet is a very small, round grain with a history that traces back thousands of years. It was the chief grain in China before rice became popular and continues to sustain people in Africa, China, Russia, and India among other places. It is an extremely nutritious and hardy crop that grows well under harsh or dry conditions, both of which contribute to its widespread use and popularity around the world.

Millet can be used in porridges, cereal, soups and breads. It is a delicious wheat free substitution for couscous because of its consistency. Always rinse before cooking, and use 1 part Millet to 2 parts liquid. It is that easy! You can find it in the bulk section of the health food store.

I like to cook it in broth, and add a bunch of fresh herbs then put a pat of butter on it with some pecorino romano cheese as a side dish. But here is a recipe for Millet Fritters that I hope you will enjoy.

Millet Fritters

1/3 cup millet cooked according to package directions (I cook mine in salted

broth for more flavor, and cook it a little extra to help to get it "Mushy" so it is a good consistency to make the fritters.)

1/4 cup onion, chopped fine
1/4 cup red bell pepper, chopped fine
1 garlic clove, minced
2 tablespoons olive oil
1 teaspoon dried basil
2 tablespoons or so of fresh parsley
1 egg, beaten
1 teaspoon sea salt, 1/2 teaspoon pepper

3 or so tablespoons romano or parmesan cheese

Simply mix all ingredients together (when millet is cooled) well with wooden spoon until nicely incorporated.

Form into patties (a couple of tablespoons is a good size) and cook in heated skillet in some olive oil.

Do not flip until edges are browned, but not burned.

Flip over and cook until until the other side is done.

Drain on paper towel lined plate.

This recipe is great with a spoonful of tomato sauce and a sprinkling of cheese!

Enjoy!

751 Students On QHS Honor Roll

Cont'd From Page 7

Blasi, Kendry Duran, James I. Dye II, Jazmin C. Elyse, Chloe A. Fitzgerald, Sean M. Halley, Kwame K. Harvey, Christian Gabriel L. Las, Stanley Li, Attila L. Marquez, Jace S. Mauriello, Andrew L. Mazzini, Grace N. McDonald, Andrew R. Novak, Igor Oliveira Matoeso, Cullen J. Quilty, Elham Shah, Mai T. Vo, Almona Vojkollari.

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Green Up The Blue Hills April 30

The public is invited to join the Friends of the Blue Hills for a spring festival of stewardship and fun. Green-Up the Blue Hills will be held on Sunday, April 30, from 1 to 4 p.m. at the Ponkapoag AMC Cabins.

Volunteers will help protect the forest by pulling invasive plants that threaten local species. But it won't be all work and no play. Participants and their families will also enjoy live mu-

sic, a scavenger hunt, face-painting and crafts.

For most visitors to the 7,000-acre Blue Hills Reservation, many plants look alike, yet many of the plants are not native and degrade wildlife habitat. Participants in Green Up the Blue Hills will help protect native wildlife and plants by pulling the invasive plant, garlic mustard. The plant is easy to identify and remove, and volunteers' efforts will greatly improve the habitat

for local wildlife.

Volunteers can park at Temple Beth David, 1060 Randolph St. in Canton, and walk the ¾ miles to the cabins. The event is rain or shine, and while some gloves will be available for weeding, volunteers are encouraged to bring their own gardening gloves if they have them. Register for the event at friendsofthebluehills.org/greenup2023. If you have questions, email info@friendsofthebluehills.org.

Social Security Matters

Ask Rusty: Retired Public Servant Feels Government Pension Offset Is 'Unjust'

By RUSSELL GLOOR

National Social Security Advisor

at the AMAC Foundation, The Non-Profit Arm of the Association of Mature American Citizens

Dear Rusty: I'm a retired firefighter and live in Ohio. I earned Social Security from my side employment, but the Windfall Elimination Provision (WEP) hit my Social Security very hard. My wife worked in the school system and earned a state "SERS" pension. I understand the WEP offset and that doesn't bother me as much as the fact that my wife doesn't get my Social Security benefits when I die - her state pension is above the monthly limit for her to receive my Social Security. I earned that benefit by working extra jobs and being away from my family, and it seems unjust that my benefits expire with me. Thanks for letting me vent. **Signed: Retired Public Servant**

Dear Retired Public Servant: The provision you deem as "unjust" isn't the Windfall Elimination Provision (WEP) which affects SS retirement benefits for those who also have a "non-covered" pension (a pension earned without contributing to Social Security); rather it is the Government Pension Offset (GPO) which also affects those who have a pension earned without contributing to Social Security. Though I know it is no consolation, your frustration about the Government Pension Offset (GPO) is shared by nearly a million other Americans in a similar situation. The GPO has been law since 1983 and is intended to "equalize" how spousal and survivor benefits are paid to all beneficiaries. I'm certainly not defending it, but I've researched why the GPO was enacted decades ago.

Historically, ever since spousal and survivor benefits became part of Social Security's benefit structure in the late 1930s, if a spouse also has their own personally earned SS benefit, any spousal/survivor benefit they also became entitled to was offset by their personally earned SS retirement amount. The prevailing opinion in the 1983 Congress was that because regular spousal and survivor benefits are normally offset by the spouse's own earned SS benefit, it was unfair that a spouse who had a "non-covered pension" didn't incur the same offset as those who had no such non-covered pension. Thus, GPO was enacted in 1983 to "equalize" how spousal and survivor benefits were paid. It is the GPO which will affect your wife's benefit as your surviving spouse because she earned her state pension while not contributing to Social Security.

To give you a more personal perspective, if your wife had, instead, worked outside of the OH school system and was entitled to a full Social Security benefit based on her own earnings from which she contributed to SS, any survivor benefit she might become entitled to from you would still be offset by her personally earned SS retirement benefit. If her own SS retirement benefit was more than her entitlement as your widow, she would get no additional amount as your surviving spouse. Or if her own SS retirement benefit was smaller than yours, her survivor benefit would still be offset by her own benefit (her benefit would be paid first and only a supplement added to bring her payment to the higher amount she was entitled to as your widow). The purpose of the Government Pension Offset is to equalize how spousal, or survivor benefits are paid to those with, and to those without, a non-covered pension. Indeed, because the GPO only offsets the potential spousal/survivor benefit by 2/3rds of a spouse's non-covered pension, the GPO is actually a bit more forgiving.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadvisor@amacfoundation.org.

More Quincy news:

The Quincy Sun.com

BBB: Beware Fake Invoice Scam

By BETTER BUSINESS BUREAU

You may have encountered a fake invoice if you are running a small business (or keeping books for one).

Phony bills have long been a favorite and effective trick of scammers. Recently, BBB Scam Tracker has gotten multiple reports of a new version of this scam, where con artists pretend to be contacting you as part of the Geek Squad, which is owned by Best Buy (BBB Accredited Business) or through PayPal (BBB Accredited Business).

How the scam works

You receive an invoice that says it's coming from the Geek Squad. It says you'll be charged hundreds of dollars for an annual subscription that is about to auto-renew. The email may include a PDF version of the invoice and a number for you to call if you want to cancel the subscription.

Panicked and sure you never authorized this subscription, you call the number. A "customer service agent" answers and pretends to assist you with the can-

cellation. They may offer you a refund or ask you to confirm your bank account information so they can cancel the subscription. If you give them that sensitive information, they'll likely gain access to your account and can withdraw money without your consent. Even if you stop short of calling "customer service," downloading any PDFs or clicking links in the email could download malware onto your computer and put you at risk of identity theft.

One consumer reported this experience: "The Geek Squad sent an email saying they were going to auto charge me \$422.22 for an annual subscription. I called the number in the email to cancel the renewal. They told me I had to fill out a form, which I did. However, when they asked me to click on a specific link on my bank account website, I became suspicious and told them I was going to report a scam. They wouldn't give up and just kept telling me to go to my bank's website and click the link. I hung up and deleted the email."

Fake Geek Squad invoices aren't the only version of this scam. A new iteration looks like a vendor requesting payment via PayPal. Similar to the Geek Squad version, the message urges you to call "customer service" if "the payment was not authorized or you wish to cancel this charge."

How to avoid fake invoice scams:

• **Be wary of unsolicited emails,** especially if you don't remember doing business with the company they claim to come from. Even if you do business with a company, be careful if you receive an email you didn't ask for or authorize. Scammers love to impersonate companies that are well-known and trusted by consumers.

• **Know how invoices will be delivered.** If you sign up for a service or subscription, ask how the company will deliver its invoices. That way, you won't be fooled if scammers send you a copycat invoice through a different channel.

BBB Accredited Businesses promise to adhere to

BBB's Standards for Trust, so look for the BBB Accredited Business Seal. It's the Sign of a Better Business.

• **Train your staff to spot a fake invoice.** As a small business owner, you may not personally look at every invoice from your accounts department. Ensure your employees know how to differentiate a real invoice from a scam.

• **Don't give in to scare tactics.** Scammers will use a sense of urgency to get you to give up sensitive information or make payments without thinking. If someone tells you you'll lose hundreds of dollars if you don't act now, don't be easily intimidated. Always do proper research before agreeing to any transactions - especially unexpected ones.

• **Have questions about a Geek Squad message? Reach out to Best Buy.** Customers can call 1-888-BESTBUY to confirm whether a suspicious email is real. Also, check out BestBuy.com/StopFraud for more resources to help spot cybercrime, fraud, and tech support scams.

'Exploring The Neponset River' Walking Tours

The Department of Natural Resources Environmental Treasures Program is offering two free walking tours in April.

As the final tour of a five part series entitled "Exploring the Neponset River," this tour will focus on the part of the Quincy Riverwalk by the Adams Inn and will cross over the Neponset Bridge to view the proposed extension of the Riverwalk to O Harriet Ave.

The tours are on Tuesday, April 18 at 2:30 p.m. and Saturday, April 22 at 2 p.m. Space is limited. Registration is required by selecting one of the dates and emailing sowen@quincyma.gov.

Meeting place and tour details will be provided upon registration.

Tour leaders will discuss the history of the river walk and efforts to protect the river.

The tours are 2 1/2 miles and will take around two hours.

The April 18 tour will be led by Andres Ripley of the Neponset River Watershed Association.

Nicholas Yazbek Initiated Into Honor Society

Nicholas Yazbek of Quincy was recently initiated into The Honor Society of Phi Kappa Phi, the nation's oldest and most selective all-discipline collegiate honor society.

Yazbek was initiated at the University of Massachusetts.

The April 22 tour will be led by long time environmental activist Steve Per-

dios. There will be a party at the end of the April 22 tour to honor Steve's work.

For the safety of humans and dogs, dogs are not permitted on the tours.

Great News!

Massachusetts Oral & Maxillofacial Surgery is now in Quincy

We Can Improve Your Smile

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- Oral Biopsies
- TMJ Treatment
- Same Day Appointments
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Quincy Office

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Quincy, MA 02169

617-286-3709

MassOMS.com/Quincy





Real Estate

Quincy Real Estate Transactions April 3 - April 7

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Neponset Bay Realty LLC
Dauntless Path LLC
Daniel & Sylwia Rzegocka
Andrade & Associates LLC
Clayton R. Tammaro
Gulhan Yalcinkaya
Newport Avenue Holdings LLC
Maria M. Michael, Menas Michael & Andreas Koutis
36 Hilltop Street Realty Trust
Neponset Bay Realty LLC
Meredith L. Green
David W. & Barbara J. Bertrand
Cullen & Hannah Home Trust
Frank N. Rubino

BUYER

Himanshu & Shweta Vakil
Andy & Duong C. Luc
Blerim Llozi & Patrina Bejkaj
Sky House LLC
Zhen Ma & Lichun Huang
Robert S. Hillson
JPMBB 2014-C22 Newport Avenue LLC
686 Southern Artery Realty Trust
Samuel D. Stewart & Caroline C. Tedesco
Son Pham & Sarah Tran
Lily Lin
Sik S. Chan & Ying F. Chen
Nathan W. Wait & Emma P. Reyes
Weihong C. Shi

AMOUNT

\$650,000.00
\$580,000.00
\$475,000.00
\$605,000.00
\$622,000.00
\$760,000.00
\$7,000,000.00
\$852,500.00
\$710,000.00
\$660,000.00
\$479,000.00
\$730,000.00
\$485,000.00
\$690,000.00

ADDRESS

85-105 Myrtle Street Unit 107
9 Trafford Street
20 Rockview Road Unit 4
599 Sea Street
2 Commonwealth Avenue
41-43 Grossman Street
200 Newport Avenue
686 Southery Artery
36 Hilltop Street
85-105 Myrtle Street Unit 209
165 Quincy Shore Drive Unit C-82
109 Marlboro Street
104 Common Street
5-7 Whiton Avenue

Report: Real Estate Activity Up In March From February

But Mortgage Activity, Average Property Sale Price Down Compared To March 2022

Norfolk County Register of Deeds William P. O'Donnell reports Norfolk County recordings for the month of March 2023 indicate a continued decrease in overall real estate activity, with significant drops in mortgage activity and the average property sale price as compared to March 2022.

"Spring has arrived, ushering in a new home-buying season, which is reflected in March's rise in real estate activity over the previous month," said Register of Deeds William P. O'Donnell. "As compared to last year, however, we are still seeing significant decreases in the number of documents filed."

The Norfolk County Registry of Deeds recorded 8,541 documents in March 2023. This was 31 percent less than in March 2022 and 27 percent more than in February 2023.

"Despite easing inflation, high food and energy

costs are still limiting customers' ability to save money," said O'Donnell. "The number of recorded deeds, which is one measure of document volume, shows a drop in real estate sales from the previous year."

The number of deeds for March 2023, which reflect real estate sales and transfers, both commercial and residential, was 1,250, a decrease of 17 percent from March 2022 and an increase of 29 percent from the previous month of February.

"Although home prices have fallen significantly, they are still higher than pre-pandemic averages, with March 2023 home prices 34 percent higher than March 2019," O'Donnell said. "The lack of available real estate inventory is likely one reason why property prices are still higher than they were before the pandemic, along with the desire to live in local communities."

Sale prices for March appear to have dropped compared to March 2022. The average sale price in March was \$886,486, a 21 percent decrease from March 2022 and a 6 percent decrease from February 2023. The

total dollar volume of commercial and residential sales is down, decreasing 38 percent from one year ago and increasing 34 percent from last month.

"A continued decline in the number of deeds and mortgages recorded at the registry may indicate that homeowners who took advantage of lower interest rates in 2020 are hesitant to make moves with average mortgage interest rates above 6 percent," O'Donnell said. "Although average sales prices are declining, current homeowners and first-time buyers may be holding out hope for lower interest rates."

Overall lending activity showed a continued downward trend for the month of March. A total of 1,280 mortgages were recorded this month, 47 percent less than a year ago at the same time and up 41 percent from last month.

"According to the data, we are recording significantly fewer mortgages than in the past, which can be attributed to a number of factors that the country is experiencing right now, such as the rising cost of living and

a spike in mortgage interest rates," O'Donnell said. "These aspects of the economy can affect the local real estate market."

The Norfolk County Registry of Deeds has been closely monitoring the foreclosure market. In March 2023, there were four foreclosure deeds recorded as a result of mortgage foreclosures taking place in Norfolk County, whereas in March 2022, there were five recorded. However, in March 2023, there were 30 notices to foreclose, the first step in the foreclosure process, significantly more than the 11 recorded in March 2022.

"The substantial increase in the number of these notices is troubling. It suggests that more of our neighbors may have financial difficulties in the future," said O'Donnell. "We will continue to monitor these figures."

For the past several

years, the Norfolk County Registry of Deeds has partnered with Quincy Community Action Programs (617-479-8181 x376) and NeighborWorks Housing Solutions (508-587-0950) to help anyone facing challenges paying their mortgage. Another option for homeowners is to contact the Massachusetts Attorney General's Consumer Advocacy and Response Division (CARD) at 617-727-8400.

"If you are having difficulty paying your monthly mortgage, please consider contacting one of these non-profit agencies for help and guidance," O'Donnell said.

O'Donnell concluded: "The limited inventory of available property on the market and the high demand for homes are likely factors in keeping property values above pre-pandemic levels, while the decrease in prices may be due to homebuyers' reluctance to take out

mortgages at current interest rates."

To learn more about these and other Registry of Deeds events and initiatives, "like" us on Facebook at facebook.com/norfolkdeeds. Follow us on Twitter and Instagram at @norfolkdeeds.

The Norfolk County Registry of Deeds, located at 649 High St., Dedham, is the principal office for real property in Norfolk County. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities, and others with a need for secure, accurate, and accessible land record information. All land record research information can be found on the Registry's website, www.norfolkdeeds.org. Residents in need of assistance can contact the Registry of Deeds Customer Service Center at (781) 461-6101 or email us at registerodonnell@norfolkdeeds.org.

Friends Of Wollaston Beach Seeks Volunteers For ParkServe, Cleaner, Greener Quincy Days

The Friends of Wollaston Beach invite the public to participate in ParkServe Day on Wollaston Beach Saturday, April 22 from 10 a.m. to noon. Volunteers should meet on the beach between Herbert Road and Milton Road.

The Friends are also seeking volunteers to help clean the beach on Saturday, May 6 from 10 a.m. to noon. Meet at Caddy Park (south end of the beach) for the cleanup which is part of the Cleaner/Green Quincy city-wide clean up day.

"Your help is invaluable in keeping these 'Environmental Treasures' clean," said Maureen Mazrimas,

president of the Friends of Wollaston Beach. "We are grateful to the City of Quincy for supplying the equipment for Cleaner/Greener, the DCR for providing the personnel and trucks to dispose of the trash, the North Quincy High School Jr. ROTC for helping us again this year."

"And, we're so grateful to all who continue to participate in these great cleanups. Thanks so much for your help."

To learn more about Friends of Wollaston Beach, go to www.friendsofwollaston.com. To become a member, or volunteer for one of

our many committees, call or text Maureen Mazrimas at 617-257-8295.

The Friends of Wollaston Beach is an organization promoting public use of Wollaston Beach, preserving and protecting the fragile ecosystems, and addressing the quality of life issues relating to the Beach.

The goal of the Association is to promote the wise use and preservation of the beach, encouraging volunteerism, alerting others to issues affecting the beach through educational, cultural, social and civic programs, and advocating on behalf of beach users.



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Alzheimer's Foundation Of America Promotes 10 Steps For Healthy Aging

It's never too soon to practice healthy aging; the things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections—also can help promote brain health and wellness. To help individuals be proactive about protecting their brain health, the Alzheimer's Foundation of America (AFA) is providing these 10 steps for successful aging.

"Lifestyle choices play a vital role in healthy aging and brain health, and it's never too soon to start," said Charles J. Fuschillo, Jr., AFA's President & CEO. "Eating right, exercising the body and mind, getting proper sleep, and being socially active all contribute to healthy aging and good brain health, and can potentially reduce the risk of developing a dementia-related illness."

AFA offers the following 10 steps for healthy aging:

- **Eat Well** - Adopt a low-fat diet high on fruits and veggies, like strawberries, blueberries, and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt, and sugar. In general, foods that are "heart healthy" are also "brain healthy."

- **Stay Active** - Physical activity increases blood flow to the brain and can also help improve mood and overall wellbeing. Brisk walking benefits brain health, while aerobics can boost your heart rate, and weight training builds strength and flexibility.

- **Learn New Things** - Challenge your brain by starting a new hobby like playing tennis, learning to speak a foreign language, trying a cooking class, or something you have not done before. Even something as simple as brushing your teeth with your non-dominant hand stimulates the brain by forcing it to think outside of its normal routine.

- **Get Enough Sleep** - Getting a consistent sleep every night is key; at least seven to nine hours is ideal. Having a good sleep environment is also helpful. Insomnia or sleep apnea can have serious physical effects and negatively affect memory and thinking.

- **Mind Your Meds** - Medication can affect everyone differently, especially as you age. When getting a new medication or something you have not taken in a while (whether over

the counter or prescription), talk to your doctor or local pharmacist.

- **Stop Smoking and Limit Alcohol** - Smoking can increase the risk of other serious illnesses, while too much alcohol can impair judgment and cause accidents, including falls, broken bones, and car crashes.

- **Stay Connected** - Social interaction and maintaining an active social life are very important for brain health, cognitive stimulation and mood. Invite friends and family over for a meal,

board games, or just to hang out. Engaging in your community and participating in group activities is also beneficial.

- **Know Your Blood Pressure** - Blood pressure can impact your cognitive functioning. Visit your physician regularly to check your blood pressure and make sure it is in normal range.

- **See Your Doctor** - Maintain checkups. Health screenings are key to managing chronic illnesses, such as diabetes, cardiovascu-

lar disease, and obesity, all of which can impact brain health. Speak with your physician about any concerns or questions you have about your health.

- **Get a Memory Screening** - Our brains need regular checkups, just as other parts of our bodies do. Memory screenings are quick, non-invasive exams for our brains. AFA offers free virtual memory screenings every weekday—visit www.alzfdn.org or call AFA at 866-232-8484 to learn more about getting a free virtual

memory screening. You can also talk to your doctor about getting a screening as part of your annual wellness exam.

Individuals who would like to learn more about healthy aging, brain health, or memory screenings can contact the Alzheimer's Foundation of America's Helpline by phone (866-232-8484), web chat (www.alzfdn.org), or text message (646-586-5283) seven days a week, or visit www.alzfdn.org.

Neponset River Cleanup Saturday, April 22

The Neponset River Watershed Association (NepRWA), along with a group of partners, will sponsor its Annual Neponset River Spring Cleanup on Saturday, April 22nd from 9 a.m. to 12 noon.

Multiple cleanup sites have been designated for Canton, Dedham, Dorchester, Hyde Park, Mattapan, Norwood, Quincy, and Walpole.

Volunteers of all ages and skill levels are needed to help with this important event. An adult must accompany children under the age of 12. Pre-registration is

required.

"We are forever grateful for our volunteers, who come out time and time again to help clean our River, streams, ponds, and parks. With their help, great improvements have been made across the Watershed for wildlife, water quality, and recreational purposes," said NepRWA Executive Director Ian Cooke.

More information about the event, including registration, can be found at www.neponset.org/cleanup

For any questions, contact NepRWA Environmental Fellow, Eleanor

Yeomans, at yeomans@neponset.org or 781-575-0354 x302

Supporters of the Neponset River Cleanup include:

MA Dept. of Conservation & Recreation (DCR), ENE Systems, Inc., GZA, Deloitte, City of Boston Parks and Recreation, Belnel Neighborhood Association, Edgewater Neighborhood Association, Friends of the Blue Hills, Friends of the Boston Harbor Walk, Greater Boston Trout Unlimited, Quincy Asian Resources, Inc., American Rivers, Canton DPW, Ded-

ham DPW, Norwood DPW, and Walpole Town Forest Committee.

Can't join the cleanup? Consider donating to help offset the cost at www.neponset.org/donate.

The Neponset River Watershed includes the communities of Dorchester, Hyde Park, and Mattapan; Canton, Dedham, Dover, Foxborough, Medfield, Milton, Norwood, Quincy, Sharon, Stoughton, Randolph, Walpole, and Westwood. Learn more about the Neponset River Watershed Association at www.neponset.org.

Please join us for our annual



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Help to support DOVE's mission to end domestic violence.
Every home should be a safe home.

Thursday, May 4, 2023

A Fun Night of Dancing and... Delicious Food • Dessert

Cash Bar • Fund the Mission • Raffle • Silent Auction • Games



Granite Links Golf Club
100 Quarry Hills Drive, Quincy, MA
6:00pm - 10:00pm
Tickets: \$100 per person by April 13th
\$125 after April 13th

For information about event sponsorship or to reserve tickets go to: www.dovema.org/letsdance or contact Jessica Cohen: jessica.cohen@dovema.org or call 617.890.5666



24-Hour Hotline: 617.471.1234 or 1.888.314.DOVE (3683)
Community Advocacy & Prevention Services: 617.770.4065
P.O. Box 690267 Quincy, MA 02269



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Andrea S. Mintz* & Robert C. Fox
R Moyer Interiors
Needham Bank

First Time Sponsors

Michael T. & Mary G. Jenkins
Newton Wellesley Hospital
Nadine and Alexander Steffan

Our sponsorship list is continually growing, please view our website for the most updated list: www.dovema.org. *DOVE Board Member

Between December of 2022 through February 2023, there were multiple residential breaking and entering into dwelling places in the City of Quincy.

Patrol units responded and documented initial details of the incidents. Our Bureau of Criminal Investigations unit working with other agencies was able to identify and charge two suspects.

There have been approximately seven separate incidents, where Miguel Rivera and Adrian Logan have been identified as suspects who worked jointly as co-conspirators to commit these acts.

The following is a list of the dates and general locations:

A Job Well Done

By OFFICER GREGG HARTNETT
Public Information Officer
Quincy Police Department

12/13/2022	200	Block of Hobart St.
12/13/2022	30	Block of French St.
12/15/2022	30	Block of Grogan Ave.
12/15/2022	20	Block of Colonial Dr.
12/31/2022	70	Block of Fenno St.
02/17/2023	140	Block of Putnam St.
02/17/2023	100	Block of Elm Street

The following is a summary of the incidents which led to the apprehension of two suspects.

A white work van was captured on video at many of these breaks. Rivera was arrested with a crowbar and radio walking on the street. Logan was arrested in the white van a short distance away. Logan admitted to his involvement and driving, saying only Rivera entered the homes.

Fourteen Felony Warrants (Seven for Rivera, Seven for Logan) were issued for charges including: Burglary, Larceny from a Building and Defacement of Property.

A job well done by the Patrol Officers and Detective Sergeant Ward, Detectives Pepdjonovic, Eddy, Landry, Menz and Goggin with the assistance of the Massachusetts State Police and the Newburyport Police Department.

QUINCY POLICE CRIME AWARENESS JOURNAL

Entries submitted by the Quincy Police Department

FRIDAY, MARCH 31

LARCENY (iPhone cell), 3:03 p.m., BJ's, 200 Crown Colony Dr. Report to be filed.

LARCENY (ear pods), 5:30 p.m., YMCA, 79 Coddington St. Ear pods and other items taken. Report to be filed.

SATURDAY, APRIL 1

ASSAULT AND BATTERY (in the parking lot), 9:49 a.m., 405 Sea St. Two males fighting a third male in the parking lot. Male down on the ground looks hurt. Male has head injury. Brewster notified. One to Boston Medical Center. Male wanted in this incident for assault and battery serious bodily. Report to be filed.

LARCENY (just occurred), 7:37 p.m., 200 block of Quarry Street. Reporting party states he was making a food delivery for Stop and Shop. When he went back to his truck, his wallet, keys and other contents were stolen out of the truck. Report to be filed.

SUNDAY, APRIL 2

No journal entries.

MONDAY, APRIL 3

BREAKING AND ENTERING/PROGRESS (com-

mercial), 3:27 a.m., Alltown Check Cashing, 34 School St. Entry made. Report to be filed.

LARCENY (past), 10:37 a.m., YMCA, 79 Coddington St. Belonging stolen from YMCA on Saturday. Report to be filed.

LARCENY (debit card), 2:42 p.m., Neponset Landing, 2 Hancock St. Report to be filed.

LARCENY (groceries), 3:04 p.m., Fort Square Presbyterian Church, 160 Granite St. Three youths stole groceries and fled. Report to be filed.

BREAKING AND ENTERING (items broken), 3:51 p.m., 130 block of Commander Shea Boulevard. Female was away for two weeks. Balcony door is also broken. Apartment is a mess. Report to be filed.

TUESDAY, APRIL 4

LARCENY (pocketbook), 9:41 p.m., Walmart, 301

Falls Boulevard. Male took pocketbook out of carriage and took off in vehicle white Honda. Report to be filed.

WEDNESDAY, APRIL 5

LARCENY (pocketbook), 10:50 a.m., Stop and Shop Supermarket, 495 Southern Artery. Serviced.

LARCENY (computer), 3:26 p.m., Father Bill's Place, 38 Broad St. Serviced.

LARCENY/MOTOR VEHICLE (white Cadillac), 9:55 p.m., 380 Granite St. Just happened heading up Granite toward Quincy Center. Suspect at 290 Quarry St. Arrest made and report to be filed.

THURSDAY, APRIL 6

BREAKING AND ENTERING/PAST (dwelling), 1:10 p.m., 30 block of Shelton Road. Female came into house when no one was home through open back door. Report filed.

David Houston And Joy Cline Library Concert April 23

The Thomas Crane Public Library invites the public to an afternoon concert Sunday, April 23 from 3 to 4 p.m. in the historic Richardson Building featuring David Houston on flute Joy Cline Phinney on piano.

This is a limited capacity event. First come, first seated. The event will also be livestreamed to the Library's YouTube Channel. For more details, visit the library's online Events Calendar.

Joy Cline Phinney, a Boulder, Colorado native has appeared in solo and chamber music recitals across the United States and Europe. She holds Bachelor's and Master's degrees in piano from The Juilliard School, where she studied



JOY CLINE PHINNEY (piano) and David Houston (flute) will perform in concert Sunday, April 23 at the Crane Public Library.

Courtesy Photo

with William Masselos, Adele Marcus, and Samuel Sanders, and a D.M.A. in Ensemble Arts from the Peabody Institute at Johns Hopkins University, where she studied with Ellen Mack and Robert McDonald. Joy has collaborated in chamber music concerts, recording projects, and radio and television programs with members of the Boston Symphony Orchestra, New York Philharmonic, Cleveland Orchestra, Metropoli-

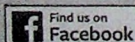
tan Opera Orchestra, and St. Paul Chamber Orchestra, among others, and for more than two decades has appeared annually with headlined artists on the Faculty Showcase concerts at the Sarasota (Florida) Music Festival.

David B. Houston, flute, was a Doctor of Musical Arts candidate at Indiana University when he accepted the position of Marketing Director for Verne Q. Powell Flutes, Inc. in 1990.

There he also learned flute finishing and was a head-joint tester. He was director of Customer Service when he left Powell Flutes in 1998 to work for Brannen Brothers Flute Makers, Inc. He remained there until 2007, when he was asked to return to Powell Flutes as Director of Quality. During his 20 year tenure at Powell and Brannen,

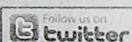
Houston was directly involved in and responsible for many various facets of flute, piccolo and headjoint design and construction. In 2010 he left Powell to return to and pursue his first love of teaching and performing by starting the Houston Flute Studio for students of all levels which he maintains in Cambridge and Framingham. Mr. Houston is on the flute faculty at Powers Music School, Froot Fire! Boston and Performing Arts Center of Metrowest, where he conducts the PAC Flute Ensemble. He is the private flute instructor for the University Wind Ensemble at Boston College.

Quincy Access Television
88 Washington Street
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QATV

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Public Access Channel 8

Thursday, April 13
7:00pm: On the Road with Jazzy Bill
8:00pm: Quincy Lions Club Evening for Sight

Friday, April 14
11:30am: LIVE: Currently In Quincy
7:00pm: AM Quincy: State Rep. Tackey Chan

Saturday, April 15
1:00pm: NQHS vs. QHS Softball 4/11
7:00pm: The Call

Sunday, April 16
11:30am: Quincy Point Cong. Good News
1:00pm: The Call

Monday, April 17
11:30am: CIQ Interview: Granite Workers Museum
8:00pm: NQHS vs. QHS Softball 4/11

Tuesday, April 18
7-9:10am: LIVE: AM Quincy with Joe Catalano
7:00pm: AM Quincy: Mayor Thomas Koch

Wednesday, April 19
6:00pm: Quincy Point Cong. Good News
7:00pm: The Call

Government Access Channel 9

Thursday, April 13
4:00pm: Board of License Commissioners 4/4
5:00pm: Zoning Board of Appeals 4/4

Friday, April 14
7:00pm: In the Know: Senior Tax Credit
6:30pm: For Your Health: Parkinson's Disease
8:30pm: TCPL Events Calendar: Fighting Fire

Saturday/Sunday, April 15/16
11:00am: At the Kennedy Center: Fashion Show
12:00pm: City Council incl. Finance Committee 4/3
6:00pm: In the Know: Senior Tax Credit
10:00pm: Board of License Commissioners 4/4
11:00pm: Zoning Board of Appeals 4/4

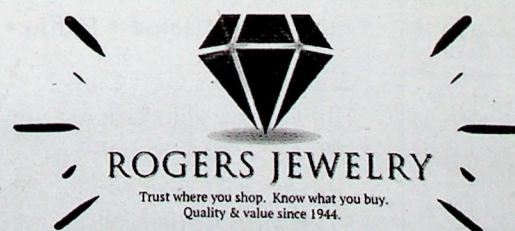
Monday, April 17
6:00pm: State View: Rep. Bruce Ayers
6:30pm: City Council incl. Finance Committee 4/3

Tuesday, April 18
4:00pm: Board of License Commissioners 4/4
6:00pm: Zoning Board of Appeals 4/4

Wednesday, April 19
6:00pm: In the Know: Norfolk County Sheriff
7:00pm: City Council incl. Finance Committee 4/3

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org



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Three Reappointed To Park & Rec Board

By SCOTT JACKSON
City councillors reappointed three members of the city's Park and Recreation Board April 3rd.

Kevin Esdale, Thomas Lester and School Committee member Paul Bregoli were all reappointed to new terms in a unanimous vote.

The Park and Recreation Board includes nine mem-

bers, all volunteers. Six members – one from each ward – are appointed by the mayor. The City Council appoints three members, one of whom is from the School Committee.

The board meets monthly and is responsible for setting rules and policy for use of the city's parks as well as granting field permits.

Six Quincy Students On Catholic Memorial Honor Roll

Six students from Quincy are listed on the third quarter honor roll at Catholic Memorial.

They are:
First Honors

Daniel Alvarez '23;
Connor Clifford '26; Jack Greene '25; James McGrath '23 and Brett Mulligan '24.

Second Honors
J.C. Petrongolo '23.



NORTH QUINCY HIGH SCHOOL was one of 26 high schools recognized at last week's AP Access Awards at the Massachusetts State House. Here the students meet with Sen. John Keenan (D-Quincy). This annual recognition program by the Massachusetts Department of Elementary and Secondary Education acknowledges high schools for expanding access to Advanced Placement (AP) courses and improving the performance of underrepresented students on AP exams. Criteria for the award include having at least 40 Black/African American and Latino/Hispanic examinees in 2022 OR 40 low-income examinees AND an overall 5-year increase of at least 30% in these examinees from 2017 to 2022. NQHS far exceeded the criteria and will be administering over 750 AP exams next month. *Courtesy Photo*

READERS FORUM

Says 99-Year Lease To Quarry Hills Is Bad For Quincy Taxpayer

The proposed 99 year lease to Quarry Hills for rental of 241 acres of our Open Space is not good for Quincy taxpayers.

Quincy taxpayers should receive the highest rent they can get for that Open Space just like any landlord would want to do. No landlord (except Quincy) would give a tenant an extended rental period for even less rent than the tenant was paying. Our City Councilors are being asked to do just that and they may go ahead and approve receiving less rent for the next 99 years than we are entitled to under the present lease. Do they care about the taxpayers in their wards? When they run again, ask them why they voted to give the O'Connells a deal at our expense.

Rent For Golf Course Fees

Under the current Lease, we were supposed to get 10% of the gross Golf Course Fees including golf cart rentals. This was true until 2016 when Mayor Koch gave up the rental of

the golf carts because Quarry Hills said they did not realize how valuable that income was when they negotiated the current Lease. The Mayor was happy enough to reduce the income to the taxpayers in exchange for free rental of the Clubhouse on the one day a year the City (the Mayor) is permitted to use the golf course for a charitable event. Before the Mayor gave up this stream of income for taxpayers, Quarry Hills was only willing to give the City the use of the golf course for one day, not the Clubhouse. So now the Mayor can regale his guests once a year, rent free at the Clubhouse, and we lose our 10% of every golf cart rental. This is a significant amount, which is why Quarry Hills wanted to keep it.

Under the 99 year lease, we will get 10% of the Golf Course Fees minus the golf

cart rental and net of the cost of collecting the fees (what does that mean?), net of collection of refunds, and net of membership sales consultants' salary and commissions. So, 10% of gross Golf Course Fees will, if the Councilors agree, get reduced to 10% of the net. And we will never get any share of the golf cart rentals. Does that sound like a good deal? A good deal for the next 99 years? If your ward councillor and councillors-at-large vote for this, they will be agreeing to do exactly what a landlord would never do- give a tenant a lease for many, many years but at a reduced rent. Who suffers here? The hard working taxpayers of Quincy.

Rent For All Other Facilities

Under the present Lease, we are supposed to receive 10% of net receipts for

"any and all other facilities" on the 241 acres of Open Space. This includes the clubhouse, the functions, the summertime outdoor drinking areas. Take the 10% of these receipts, net of the payment of all "ordinary and necessary expenses and costs" for operations of the Clubhouse and that is what we are supposed to get now.

Under the 99-year lease, we would get 10% of the receipts net of the payment of "ordinary and necessary expenses and costs" to operate the Clubhouse, which is what we get now, but, under the 99 year lease, maintenance and financing of such other facilities would also be included in the net. Quarry Hills wants to build at least a multi-story hotel on the site. It will be financed, and the costs of financing and maintenance of the hotel, plus all the other operating costs and expenses, will

come out of the 10% gross receipts. How much will be left? Does this sound like a good deal? The taxpayers will pay, in part, for the financing and maintenance of the new hotel. The plans for the hotel were shared at a Ward 4 meeting, Quarry Hills is refusing to share the plans now.

Call your ward councillor and councillors-at-large and tell them that the 99-

year lease is not good for Quincy taxpayers – unless, of course, you, as a landlord, are in favor of getting less rent for 241 acres of our Open Space and making up the difference in your ever increasing taxes for the next 99 years. To get their phone numbers, go to https://www.quincyma.gov/government/elected_officials/city_council/index.php.

Holly Williams
Quincy

Retired Fire Captain To Discuss Fire Safety

Retired Quincy Fire Department Captain Tom Lyons will discuss fire safety at the Thomas Crane Public Library Wednesday, April 19 from 7 to 8 p.m.

Lyons is the author of the book "Fighting Fire: A Proactive Approach." It is a compilation of some of the

200 articles that he wrote for The Quincy Sun. Lyons also worked with Quincy Access TV to co-produce 40 programs and PSAs, and is recently retired from his second career as the fire safety administrator at the Dana Farber Cancer Institute.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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Movie Review: 'Dungeons & Dragons: Honor Among Thieves'

By BOB GARVER

Let me begin by saying that I did not go into "Dungeons & Dragons: Honor Among Thieves" familiar with the source material. I certainly knew "of" the famous tabletop game, and that it takes place in a world of wizards and magic, but I only knew the broadest of strokes. If more education on the game would have helped me enjoy the movie more, then I'm sorry I didn't do my homework. Then again, I see and enjoy movies based on unfamiliar source material all the time.

I've never once bought a Marvel comic, and even with the MCU's more subpar efforts, I usually feel that they do a good job establishing the characters and their worlds. But I spent almost all of "Honor Among Thieves" feeling left in the dust by all the fantasy creatures, spells, and rules. That feeling, combined with derivative characters and unfunny humor, made the movie a slog.

We first meet Edgin

(Chris Pine) and Holga (Michelle Rodriguez) in prison, which explains the "Dungeons" portion of the title. They go to a parole hearing, where Edgin fills us in on backstory as he nervously awaits a specific board member. He used to be a professional peace-keeper until he started turning to light thievery to support his wife and daughter. His wife was killed, so he turned to heavy thievery along with Holga, aspiring sorcerer Simon (Justice Smith), and con artist Forge (Hugh Grant). The team did a risky job for witch Sofina (Daisy Head), that led to Edgin and Holga's capture, though Forge was able to escape, promising to take care of Edgin's daughter Kira (Chloe Coleman). The conclusion of the hearing does admittedly make for a funny gag.

Edgin and Holga reunite with Forge, now a powerful lord that basically rules the kingdom. He kept his word about protecting Kira, but has otherwise turned on his

old friends, joining forces with Sofina for an upcoming scheme to create an army of the undead. Sofina tries to have Edgin and Holga eliminated, but they escape and start working on a counter-scheme to get Kira back, along with a relic that can bring back Edgin's wife.

Edgin and Holga's scheme requires more members on the team. Simon can do a scant little magic, which barely rises above the level of parlor tricks. Doric (Sophia Lillis) can transform into any animal, and single-handedly carries the best action sequence of the movie. Xenk (Regé-Jean Page) is a mighty, benevolent warrior that Edgin doesn't trust. The movie doesn't want to admit it, but with these three on the team, the movie barely needs Edgin and Holga. Actually, the movie doesn't need anyone besides Doric. This movie could have been called "Doric & Dragons" and things probably would have been wrapped up much more efficiently.

The team goes through

adventures where they encounter various creatures and deal with a series of obstacles and enchantments. The film falls into the trap that many fantasies do, where everything is magic, so the rules and stakes aren't clearly defined. There are several points where the team is faced with a challenge and Edgin will ask, "Is there a spell for that?" We don't know magic, so the answer is strictly at the mercy of the movie's writers (or the game's creators).

"Dungeons & Dragons: Honor Among Thieves" is a perfectly average fantasy movie, dragged below average by bland characters (the ones with useful skills have no personality, and vice versa) and painful humor (especially with Simon, Justice Smith is a specialist at the sort of forced awkwardness that plagues many a movie of this era). It doesn't make me want to take up the game or see any more movies in this series. We're getting a new "Guardians of the Galaxy" movie in a few weeks,



hopefully that will be a better movie about supposedly-lovable thieves where the self-appointed leader is an unremarkable smooth-talker played by a guy named Chris.

Grade: C-

"Dungeons & Dragons: Honor Among Thieves" is rated PG-13 for fantasy action/violence and some language. Its running time is 134 minutes.

Quincy Point Congregational Church

On the First Sunday after Easter, the Quincy Point Congregational Church located at 444 Washington St. will hold a Bright Sunday Service starting at 10 a.m.

The sermon titled "Mad Lib Sermon: Doubting Thomas" will be delivered by Rev. Kim. For those unable to attend in-person, the Sunday morning 10 a.m. worship can be accessed on-

line via the church's Facebook, Vimeo, and YouTube pages. The building has an elevator on the Abbey Road side and designated "accessible" parking.

This day also marks the third Sunday of the month, and the congregation invites everyone to contribute to the monthly drive to restock the personal care pantry at Interfaith Social Services.

Donations of items such as diapers (sizes 4, 5, and 6), feminine hygiene products, unscented baby wipes, toilet paper, tissues, toothpaste, toothbrushes, dental floss, unscented bar soap, body wash, shampoo, conditioner, shaving cream, razors, and deodorant are greatly appreciated.

A donation box is located at the entrance to the narthex.

Everyone is also invited to a free concert at 1:30 p.m. on Sunday, April 16 in the QPCC Sanctuary as we welcome back our former organist of 23 years, Herman Weiss along with mezzo soprano, Rebecca Shrimpton for their Passion Flower recital series. The duo will present art songs inspired by American popular music, including works by Charles Ives, William Bolcom, Florence Price, and Paul Bowles, interwoven with the exquisite, classically influenced "tone poems" of jazz masters, Billy Strayhorn and Duke Ellington.

Kaylie Sullivan On Dean's List At Sacred Heart University

Kaylie Sullivan of Quincy has been named to the Dean's List for the fall semester at Sacred Heart Uni-

versity in Fairfield, CT.

Sullivan is enrolled in the College of Arts and Sciences.



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ON THURSDAY EVENING, April 6 three generations of women in the Simon-Morrissey family lit the Yontif candles at the First Annual Community Second Seder at Temple Beth Sholom in Hull. From left to right: Elissa Simon-Morrissey, Erica Morrissey, Lorraine Simon and Alison Morrissey.

Courtesy Photo

Temple Beth Sholom In Hull

Thursday, April 13
at 9:30 a.m.

Yontif: Eighth day of Passover Yizkor service
Boyer Auditorium with

Zoom available.

Friday, April 14 at 7 p.m.
Kabbalat Shabbat, and Evening Services followed by Oneg.

Asnes Chapel with Zoom available.

Sunday, April 16
at 6:30 p.m.

Yom HaShoah service at TBS. Please join us as we commemorate Holocaust Remembrance Day. Rabbi David Grossman and Rabbi Joshua Grossman will lead a short service and we will light six Yellow Candles in memory of the six million Jews who were murdered in the Holocaust.

Monday, April 17

Yom HaShoah home observance. Members should have received a Yellow Yahrzeit candle to be lit at home in observance of Holocaust Remembrance Day. If you did not receive a candle, you may light a regular Yahrzeit candle.

Save the Date

Monday, April 24
at 6:30 p.m.

TBS Reads Book Club: discussion of: "Wandering Stars: An Anthology of Jewish Fantasy and Science Fiction" by Jack Dann. Books available in the Office or contact Karen at tbsullprogramming@gmail.com.

Light snacks will be served.

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Design A Deer-Resistant Garden Without The Fence

By MELINDA MYERS

Deer are common visitors to landscapes even in urban and suburban areas. Fencing is the most effective way to protect your plants but is not always practical or desirable. Your community may have restrictions on fencing, your budget may not support this option, or you prefer not to hide your plantings behind a fence.

Growing a beautiful garden despite the deer is possible but takes planning, persistence, and flexibility. You must be willing to change strategies as needed to minimize deer damage.

Deer dining patterns can vary from one part of your neighborhood to another and from year to year. You have probably reviewed deer-resistant plant lists only to find a few of the plants frequently damaged in your yard included on the list.

No plant is immune from hungry deer, but some are a bit less palatable than others.

Look for plants with these characteristics next

time you go plant shopping. Include plants with fuzzy or hairy leaves, those with prickly or thorny stems, thick and leathery leaves, and strong fragrances that deer tend to avoid. Even though this is not one hundred percent, plant selection should be part of your strategy for reducing the risk of damage. Make note of the plants selected and how the deer responded. It will help as you make future additions to the garden.

There are toxic plants that deer avoid, including daffodils, ferns, false blue indigo, poppies, euphorbias, and bleeding hearts to name a few. Some of these are also toxic to people and pets so do your research before adding them to the landscape.

Some gardeners find combining the less favored plants with those the deer love helps discourage feeding. Planting strongly scented lavender next to roses or surrounding a garden of deer favorites with thyme can help discourage deer browsing. Diversifying plantings is also a good strategy for reducing the risk of insects

and diseases infecting and destroying gardens filled with just one type of plant.

Look for pathways frequented or used to enter your landscape. Find ways to disrupt their regular routes to keep them moving along past your landscape. A trellis or a few posts covered with vines may be enough to limit access. Points of access are great places to apply repellents like organic Plantskydd (plantskydd.com). The deer take a whiff and move along before taking a bite out of any plants. The same holds true for those key plants favored by deer. It's rain and snow resistant so you don't need to apply it as often as other repellent products.

Plant a deer-detering hedge. Some gardeners use deer favorites, allowing the deer to munch on these plants as they continue past your yard. Other gardeners fill the hedge with prickly, smelly, and less desirable plants. Deer will take a bite and move along. Plant these close together to discourage deer from pushing through in search of better-tasting



A HUNGRY DEER grazing in a garden. Photo courtesy of MelindaMyers.com

plants.

Design round or square beds with more space in the middle and less perimeter. Long narrow beds allow easy access to all the plants in the garden.

Keep in mind deer are focused on finding food while you have other priorities to consider. You need to be vigilant and persistent, adapting as the deer's eating habits change to be successful. Your efforts will be rewarded as you grow an attractive garden without the help of a fence.

Melinda Myers has written more than 20 gardening books, including The Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. She hosts The Great Courses "How to Grow Anything" instant

video and DVD series and the nationally-syndicated Melinda's Garden Moment TV & radio program. Myers is a columnist and contributing editor for Birds

& Blooms magazine and was commissioned by Tree World Plant Care for her expertise to write this article. Her website is www.MelindaMyers.com.

'Spring Fest' Saturday At Hancock-Adams Common

The City of Quincy will host "Spring Fest," a family-friendly variety of dance performances, arts and crafts demonstrations, music and games on Saturday, April 15th.

The outdoor event will take place from noon to 6 p.m. on the Hancock-Adams Common, 1305 Hancock St.

All events are free to the public.

Scheduled performances will include Boston Chinese Dance, Brady Academy, CenterStage, Danceworks, Hung Gar Kung Fu & Lion Dance Academy, InSync, Quincy Jhankars, The Forbes School of Irish Dance and Velocity Dance Company.

"The city is graced with a variety of very talented dance groups," said Mayor Thomas Koch. "We look forward to highlighting each and offering the public what we hope to be a beautiful spring afternoon on the Hancock-Adams Common."

Ellie's Treats, Thyme Traveling and Roxy's Grilled Cheese food trucks will be on site and food is available for purchase throughout the events.

For more information on this and upcoming events, follow the City of Quincy across social media and visit quincyma.gov.

Neponset River Watershed Association Happenings

Tuesday, April 18 from 2:30 to 4:30 p.m.
Explore the Neponset River

Join NeprWA staff on a guided walk along the Neponset River, from Adams Inn to Granite Ave. Meet at Adams Inn. Space is limited. Registration is required at sowen@quincyma.gov

This is a free program in partnership with the Quincy Environmental Network (QEN).

Saturday, April 22 from 9 a.m. to noon
Neponset River Cleanup at Neponset Landing

This is an annual event that benefits both wildlife and recreation in the Neponset River and estuary. We anticipate many volunteers from Quincy at Neponset Landing (at 2 Hancock Street) and along the Quincy Riverwalk on Commander Shea Blvd. Register to volunteer and get more details at www.neponset.org/cleanup.

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U.S. Army Drill Team Demonstrates Precision In Quincy

The United States Army Drill Team (USADT), a precision drill platoon with the primary mission of showcasing the U.S. Army both nationally and internationally through live drill performances, recently demonstrated its skills at the Hancock-Adams Common in Quincy Center.

The drill team performs for military, government, non-profit, and civilian organizations. Through these performances, USADT serves as "good-will ambassadors" for the Army, supporting community relations and recruiting efforts on behalf of the 3d U.S. Infantry Regiment (The Old Guard) and the U.S. Army. USADT is comprised of 32 personnel: 31 enlisted Soldiers and one commissioned officer.

The USADT's Soloists are performing the Greater Boston area in support of the New England Recruiting Battalion. Besides Quincy, the team performed at the Educator Forum, New Bedford High School and Madison Park Vocational Technical School.

The USADT is led by SFC Daniel Flores. The Soloists are SGT Khyl Ledoux, SGT Robert Laux, SPC Reace Fitzgerald and SGT Nathan Roberts.

The Soloists are the most advanced and experienced members of the the USADT.



THE UNITED STATES Army Drill Team (USADT) recently demonstrated its precision and skills at the Hancock-Adams Common in Quincy. From left to right are: SGT Khyl Ledoux, SGT Nathan Roberts, SFC Daniel Flores, SGT Robert Laux and SPC Reace Fitzgerald. Also shown here are the drill team in action.

Quincy Sun Photos/Robert Bosworth



QHS's Hailey Concannon To Attend West Point

Cont'd From Page 1

country to enter West Point in the fall. The service academy has a robust admissions process and candidates need to be nominated by a member of Congress; Concannon was nominated for an appointment to West Point by US Rep. Stephen Lynch.

"They don't have a common application. It's on their own Army portal," Concannon said of the process. "The first step is you complete all these surveys, just like your academic background, everything like that, your transcripts. Then you have to take a fitness test. You have to do like 5 billion different medical examinations. You have to go for an interview with your liaison officer. You have to do nomination applications too. And you have to get evaluations from a lot of different teachers."

Concannon and her family were able to visit West Point in the fall. Following that visit, Concannon said she knew she wanted to go there after high school.

"We visited in October and it was beautiful in the fall, first of all," she said.

"We went and I was kind of at that point pretty far along in the application pro-

cess, but I was kind of thinking 'what if I go and I don't like it,' but I went and I was like, 'yes, this is what I want to do.'"

Weeks after she graduates from Quincy High School in two months, Concannon will head to West Point for boot camp.

"I'll leave June 26. This summer I'll be there all summer for it's called Beast Barracks - I'll be there for essentially boot camp - and then do my freshman year and there is military training every summer," she said.

"You don't declare a major until the end of your sophomore year, so I'm thinking about mechanical engineering or something engineering. I'm not quite sure yet."

"Then during your junior year you do kind of your ring ceremony, your commitment ceremony. At that point there is no turning back after that. And then you're commissioned after you graduate into the Army."

Cadets are required to play sports while at the academy, Concannon added, and she hopes to play club hockey though there isn't a women's club team.

"We're required to play



PROUD FAMILY - Hailey Concannon (center) holds her certificate of appointment to the United States Military Academy as her proud family shares a moment with the future West Point cadet. From left to right: Hailey's brother, Doug Jr., mom Judi, dad Doug and twin sister Hanna.

Courtesy Photo

a sport so I'm hoping I could play club hockey, but they don't currently have a women's team," she said. "I know some women have skated with the men's team, so we'll see."

In addition to being a two-sport athlete, Concannon has a GPA of 4.2 and

is a master carpenter for the drama club at Quincy High School.

"We're actually striking our last show right now which is kind of sad because you have to see it all come down, but I love doing that," she said. "I'm in carpentry at Quincy High and I've been in drama club for all four years."

Concannon credited Meg McMillen, a history teacher at Quincy High School, and Thomas Doucette, the school's drama teacher, for helping her through the application process.

"My history teacher, Ms. McMillen, she really was a big cheerleader for me to keep going with the application process. I remember she started helping me out with it over the summer," Concannon said. "Definitely I think our drama teacher, Mr. Doucette, too was a very big also cheerleader but helped me get through it."

Outside of school, Concannon volunteers in a buddy ball program.

"I volunteer for Quincy Youth Buddy Ball, which is a really good program for a lot of kids," she said. "It's a highlight of my week when it's going on. It's really nice."

Concannon is believed to be the first woman from Quincy High School appointed to West Point in the school's history. She is also the second Quincy Public Schools student to enroll at a service academy in the last two years. Kiera Sleiman, a 2022 graduate of North Quincy High School, was appointed to the US Naval Academy in Annapolis.

"We grew up playing softball together and her brother grew up playing

baseball with my brother," Concannon said of Sleiman.

"We were actually talking about Beast and stuff, because I'm a little bit nervous about that," she added. "Her dad also reached out to my dad too and was just talking to him about it. He used to teach at West Point, so he had some tips."

The two schools will face off in the annual Army-Navy football game at Gillette Stadium in December. Concannon said she and her family will be there.

"I think all cadets are required to go to the Army-Navy game, so my parents are very excited for that," she said. "My brother I think is the most excited."

Quincy High School Principal Keith Ford said the school is proud to see Concannon be accepted into West Point.

"I think that her being accepted is really a testament to her and her family first of all and the hard work and commitment she has made," he said in a phone interview.

"We are extremely proud of what she has accomplished."

Ford noted that Concannon has not only been involved as a carpenter with the drama program, but also helped with the build out of the office space within the school. He said she embodies the ABC-squared values - accountability, belonging, community and curriculum - the school hopes to instill in its students and called her hard working and unselfish.

McMillen said Concannon has made Quincy High School proud and will continue to do so at West Point.

"I have gotten to know Hailey Concannon well over the past three years

as she was my student in sophomore year, and now in my Advanced Placement U.S. Government & Politics class for senior year. Hailey is a very bright, warm and welcoming individual who cares about her school, community, our country, and the world-at-large. Hailey is her own woman - mature both academically and socially, and willing to chart her own course," McMillen wrote in an email.

"Last year after the Uvalde, Texas, school shootings, Hailey was moved to action. I had given her a copy of the recently passed Bipartisan Safer Communities Act so she could read for herself our nation's response. She returned the next day with the 32-page bill highlighted. She also set-up a meeting with our school's administration to express concern and to discuss what action she and the school could take."

"Hailey steps-up and fights for change. She has been a leader beyond the school day as well on both our hockey team and drama program. She is respected by fellow students and staff alike. She has already made us quite proud and we know she will continue to do so at West Point."

While the process of applying to a service academy like West Point may appear to be daunting, Concannon said it is easier if you take everything step by step.

"Start early and just go for it if it is something you think you really want to do," she said. "Think a lot about why you want to go, but if it is something you really want to do, go for it. It's a lot easier when you break it down into steps."



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QHS Women's Athletic Hall Of Fame Class Of 2023 Inductees

The Quincy High School Women's Athletic Hall of Fame recently held the 2023 Induction Ceremony into the QHS Women's Athletic Hall of Fame at the Tirrell Room in Quincy.

Eighteen individual athletes, one coach and two teams garnered entry into the QHS Women's Athletic Hall of Fame.

The new inductees are:

1949 Helen Ketola - basketball and softball.

1970 Regina Pestilli - basketball and softball.

1970 Patricia Thomas - basketball and softball.

1973 Catherine Ilacqua - basketball, cross country, field hockey and track.

1973 Margaret Ryan - gymnastics and softball.

1974 MaryJane Schuerch - gymnastics.

1976 Rosemarie Pestilli - basketball, softball and volleyball.

1978 Kathleen Flaherty - basketball, spring track, softball and volleyball.

1979 Denise Leonard - basketball, softball and volleyball.

1979 Paula Lynch - basketball and volleyball.

1979 Karen Murphy - basketball, softball, spring track and volleyball.

1980 Laura Riley - basketball and softball.

1981 Susan McLoughlin - gymnastics, track and volleyball.

1982 Darlene Marston - track.

1983 Ellen Deady - basketball and volleyball.

1985 Terry McLoughlin - volleyball.

1987 Ginny Duggan - basketball and volleyball.

1987 Lauren Standing - volleyball.

Special Recognition:

Peter Gallagher, spring track coach; the 1970 softball team (first ever season and finished undefeated) and the 2020 volleyball team (undefeated season.)

The 1970 QHS Hall of Fame Softball Team:

Regina Pestilli-Pitcher

Patricia Thomas-Catcher

Sandra Sacchetti-1st base

Karen Fruzetti-2nd base

Jane LaFavre-Shortstop

Lois MacLean-3rd base

Gail Carella-Left field

Lydia Thomas-Center-field

Doreen Goguen-Right field

Off the bench:

Marsha Ingegneri-Utility infielder

Nancy Cappadona-Utility infielder

Sheena Giggey-Utility outfielder

Debbie Hobson-Outfielder

Debbie Hensley-Outfielder

Hedy Schechman-Outfielder

Dorothy Simmons-Outfielder

Head Coach: Mary Pratt.

The 2020 QHS Hall of Fame Volleyball Team:

Priscilla Bonica, Kelsy Duong, Emma Glavin, Ashley Grehan, Bridget Hoare, Mona Ly, Rachel McKenna

Cont'd On Page 19



QUINCY HIGH SCHOOL Women's Athletic Hall of Fame recently inducted its Class of 2023 inductees. The new inductees include front row from left to right: MaryJane Schuerch Knoblich, Regina Pestilli, Darlene Marston Albert, Denise Leonard Friedeborn and Laura Riley; back row: Terry McLoughlin Connor, Rosemarie Pestilli, Ellen Deady Reardon, Karen Murphy McManus, Catherine Ilacqua Mosesso, Maggie Ryan Hickey, Paula Lynch Ritchie, Lauren Standing Lesinski and Ginny Duggan McGregor.

Photos Courtesy QHS Women's Athletic Hall of Fame Member and Committee Member Theresa Ricciardi



2020 GIRLS VOLLEYBALL team: front row from left to right: Assistant Coach Jacquie Principi, Head Coach Jacqui Niosi, Alyssa Ryan, Assistant Coach Julianne Gazzolla and Assistant Coach Tricia Wong. Back row: Assistant Coach Marybeth Torpey, Assistant Coach Julie Krieger, Gabriella Franceschini, Rachel McKenna, Annika Schmitt, Colleen Moran, Emma Glavin and Ashley Grehan. Missing players: Ashley Ruan, Priscilla Bonica, Bridget Hoare, Ivy Zhou, Kelsy Duong, Hanna Valenzuela and Mona Ly.



INDUCTEE DARLENE MATSON ALBERT (second from right) with members of her family (from left) mother Donna Marston, brother Kevin Marston and husband Jeff Albert.



FROM LEFT TO RIGHT: Abby Reardon, volleyball coach Chris Prendiville, Ellen Deady Reardon and basketball coach Peter Swanson.



QUINCY HIGH SCHOOL 1970 softball team was among the inductees at the recent Quincy High School Women's Athletic Hall of Fame induction ceremony. Members of the team who attended the ceremony were (from left to right) Sandy Sacchetti, Gail Carella Callahan, Doreen Goguen Rose and Regina Pestilli.

Courtesy Photos



2023 QHS WOMEN'S Athletic Hall of Fame Committee: from left to right Theresa Ricciardi, Michele Miller, Peter Swanson, Christine Barrett and Nancy Krue. Missing from photo: Carole Lynch.



FROM LEFT TO RIGHT: Marybeth Torpey, Bill Ritchie, Inductee Paula Lynch Ritchie, Joe Ritchie and Alexa Cushing at the Quincy High School Women's Athletic Hall of Fame induction ceremony.



FROM ROW (left to right): Inductee MaryJane Schuerch Knoblich, 2020 Inductee Joanne Kussman and Terry Brill. Back row: Keith Knoblich, Mike Clark, 2020 Inductee Patricia Kussman and Terry Dunn.

Photos Courtesy QHS Women's Athletic Hall of Fame Member and Committee Member Theresa Ricciardi

QHS Women's Athletic Hall Of Fame Class Of 2023 Inductees

Cont'd From Page 18

na, Colleen Moran, Alyssa Ruan, Alyssa Ryan, Annika Schmitt, Hanna Valenzuela,

Ivy Zhou and head coach Jacqueline Niosi.

Please check out highlights and pictures on the

QHS Women's Athletic Hall of Fame website at:

<https://www.quincypublicschools.com/qhswhof>

The Hall of Fame is also taking nominations for their 2024 Induction Ceremony which will be held on March

22, 2024 at the Tirrell Room in Quincy. Please nominate student athletes from the 1980-2000 era by going on

to the QHS Women's Athletic Hall of Fame website. For more information, please email christinebarrett@quincypublicschools.com.

North Quincy Baseball Bows To Brockton, 5-4

By TOM JOYCE

Every pitch counts.

The North Quincy High baseball team had a highly-competitive game against the Brockton Boxers last week that came down to the final pitches of the game.

Although the Raiders trimmed their deficit in the final inning, Brockton escaped the jam. Ultimately, the Raiders lost 5-4 at home April 7, and dropped to 0-2 on the season.

Although the Raiders were unable to win, they got some runners on base in the final frame. Charlie Ambroult, Max Gaudiano, and Vinny O'Leary walked to load the bases with no outs in the bottom of the seventh. However, Brockton managed to escape the jam. A Raiders player lined out to the pitcher the following at-bat. Alexander Montero then drew another walk, making it a 5-4 game with

one out. However, Brockton's pitcher settled in after that, striking out the next two batters he faced to win the game.

Brockton struck first in the first. Brockton had runners reach base on a walk and a single up the middle. The two runners each advanced a base on a groundout and following a strikeout, the team had a scoring opportunity with two out. It capitalized. Brockton hit a two-RBI single to shallow right field, taking a 2-0. The Raiders recovered, however, inducing a groundout to end the first half of the first inning.

The Raiders responded with some offensive production of their own. Will Conley stole second base and reached third base on an overthrow with one out in the inning. O'Leary knocked him in with a groundout to the second

baseman. Additionally, the Raiders had two more runners reach base: Charlie Baker on a walk and Montero on a single to shallow right field. A flyout to center field ended the inning.

On the mound, Kyle De-

Boer settled in and stunted Brockton's offense in the second frame. While a batter reached base on a walk, the Raiders quickly recorded two outs. Second baseman Gaudiano fielded a ball, tossed it to second

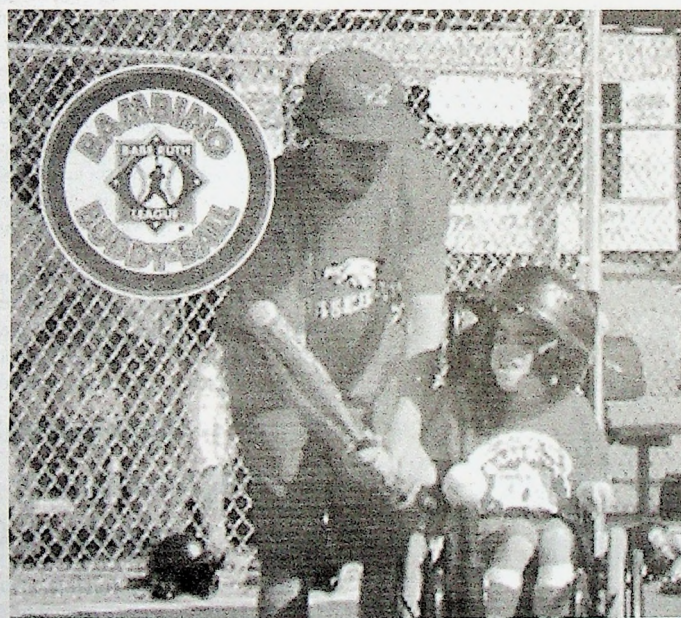
base, and O'Leary, the shortstop, gunned it to first base for a double play. After that, a Brockton player drew a walk on a full count, then DeBoer struck out a batter to end the inning.

While the Raiders threat-

ened in the bottom of the second, they were unable to score. Timmy Toland started them off with a walk where he reached second base on a passed ball. A groundout to first base advanced him to

Cont'd On Page 20

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AAA: Massachusetts Gas Prices Up 7 Cents

The average gas price in Massachusetts is up seven cents from last week (\$3.27), averaging \$3.34 per gallon.

Monday's price is four cents higher than a month ago (\$3.30), and 78 cents lower than April 10, 2022 (\$4.12). Massachusetts' average gas price is 26 cents lower than the national average.

OPEC's announcement that it will cut production by over a million barrels per day took the oil market by surprise. In response, crude immediately surged well above \$80 a barrel, although it has since struggled to stay above that mark.

"The oil market has had some time to digest the

OPEC news and speculate about the reason. This has led to the price of oil stabilizing for now," said Mary Maguire, AAA Northeast Vice President of Public and Government Affairs, "but the cost of oil accounts for more than 50% of what we pay at the pump, so drivers may not catch a break at the pump any time soon."

AAA Northeast's April 10 survey of fuel prices found the current national average to be 10 cents higher than last week (\$3.50), averaging \$3.60 a gallon. Monday's national average price is 13 cents higher than a month ago (\$3.47), and is 51 cents lower than this day last year (\$4.11).

North Quincy Baseball Bows To Brockton, 5-4

Cont'd From Page 19

third base, and John Toland walked, putting runners on the corners. However, an attempted sacrifice fly was unsuccessful. Brockton threw the Raiders runner out at the plate, ending the frame.

Brockton also had an out at home plate to end the top of the third inning. Aidan McCarthy relieved DeBoer to start the third inning and recorded two quick outs before allowing runners to reach base on a walk and a single. He allowed another single, but the Raiders relayed the ball to home plate and prevented a run from scoring.

The Raiders were unable to score in the bottom of the third; O'Leary reached on an error, stole second base, and advanced to third on a

groundout, but a lineout to left field ended the frame.

Kevin Pritchard then pitched a clean frame for the Raiders, recording three straight outs. He ended the inning by cleanly fielding a bunt and firing the ball to first base for the out. Brockton countered with a clean frame of its own on the mound, not allowing any baserunners.

However, Brockton's offense was sharp one inning later. It had a pair of RBI singles, upping its lead from 2-1 to 4-1.

Ultimately, that was all the damage Brockton got done that inning. Ambroult fielded a ball, flipped it to O'Leary, who rifled it to first base, turning a double play to end the frame.

The Raiders made the

game competitive with strong offensive production in the bottom of the fifth.

With one out, O'Leary walked to load the bases – and Baker walked after him, driving in a run. The next batter, Montero, hit an outfield single, scoring another run. It cut the team's deficit to one run, 4-3. However, after that, Brockton escaped the jam on a double play; Brockton ended the inning recording an out in a pickle.

On the mound, Pritchard kept the Raiders in this one; he recorded three straight outs in the top of the sixth, ending the inning with a strikeout.

Brockton sat down three straight Raiders batters and added an insurance run in the top of the seventh against a different relief

pitcher; Brockton scored on a passed ball with one out, doubling its lead to 5-3.

The Raiders were unable to make a comeback in this

one, although their offense showed some life in the final frame.

The next game for the Raiders will take place next

Tuesday, April 18 at Adams Field against the Quincy Presidents (6 p.m. start time).

Quincy Softball Falls To Scituate

By TOM JOYCE

The Quincy High softball team enjoyed plenty of offensive success on Monday.

The Presidents got runs on the board early, but they could not overcome the offensive output from the Scituate Sailors.

While the Presidents took a strong lead early in the game, their opponent fought back and came out on top in a high-scoring affair. Ultimately, the Presidents lost 26-10 in a six-inning game that was called due to the mercy rule. With the loss, the Presidents fell to 0-4 on the season.

Although Scituate struck first in this one, going up 3-0 in the top of the first inning, the Presidents fought back. They sat Scituate down in order in the second inning, and their offense shined in the first two frames. The Presidents led 8-3 after two innings and 9-5 at the end of three.

Paige Mann, Lauren Kabilian, and Hailey Concannon walked to load the bases in the bottom of the first inning. Beth Chetwynd knocked in a run on a fielder's choice, and Cady Barrett drove the other two runners in with a single up the middle.

The Presidents' offense then tacked on five more runs in the bottom of the second. Lauren Nee, Bridget Colleton, and Mann walked

to load the bases this time. Kabilian drove in a run on a fielder's choice, and with two outs in the inning, the team added four more runs. Concannon reached on an outfield error that knocked in two runs. Then, Chetwynd launched a home run over the center field fence, giving the team an 8-3 advantage.

Scituate's offense put up two runs in the top of the third – one on a single and the other on a double – but the Presidents had an answer. Colleton scored on a ball four wild pitch as Kabilian drew a walk; Colleton walked earlier in the inning and had reached third base on a passed ball.

After that, Scituate's pitching settled in, and its offense exploded. In the final three innings of the contest, Scituate outscored the Presidents 21-1. Chetwynd had the final RBI of the game for the Presidents in the bottom of the sixth, knocking in Concannon on a fielder's choice.

Scituate's offense exploded for 12 runs in the top of the fourth; its offensive success resulted in the Presidents pulling their starting pitcher.

Scituate had runners reach base and score runs on walks, hits, wild pitches/ passed balls, and a few errors committed by the Presi-

Scituate's offense continued to score in the final two innings of the contest. It put up two runs in the top of the fifth, taking a 10-run lead. Plus, it scored seven runs in the top of the sixth, securing a mercy rule victory.

As of Monday, the game against Scituate was the highest-scoring game the Presidents had competed in this season; 36 runs were scored. Additionally, it was the team's best offensive performance through four games. In the previous three games, the Presidents had scored 13 runs, an average of 4.3 runs per game.

The roster for the Presidents this season includes: senior Mya Millette, senior captain Bridget Hoare, senior Hanna Concannon, junior Lauren Nee, sophomore Bridget Colleton, senior captain Lauren Kabilian, junior captain Paige Mann, sophomore Serena Swan, senior captain Hailey Concannon, senior Angel Bresnahan, sophomore Sarah Buck-Cucinatta, sophomore Adrianna Taglieri, sophomore Cady Barrett, freshman Miyanna Johnson, sophomore Alex Hoey-Ventura, and senior Beth Chetwynd. The team's head coach is Leann McColgan.

The Presidents will host Sharon High School Friday, April 21 at 11 a.m.

Quincy Pride To Award Four \$500 Scholarships; Applications Due May 12

Quincy Pride will award four graduating seniors – two from each high school – that exemplify its values with \$500 scholarships toward their higher education and/or future endeavors.

"Students who identify as LGBTQIA+ or are allies, or who work towards making Quincy and the South Shore a more inclusive community are encouraged to apply," said attorney Richard Ash, president of

Quincy Pride. Last year was the group's first year giving out scholarships.

Email 500-word statements demonstrating why you think you are the best candidate deserving of one of Quincy Pride's high school scholarships. Statements are to include LG-BTQIA+ efforts performed toward promoting equality through activism in the community. Students should

also highlight any efforts planned to further contribute to this type of work within their respective higher education paths.

Applications are to be emailed to scholarships@quincypride.com by May 12.

Students must have a B average and should be available on June 4, to be acknowledged during Quincy Pride Day 2023.



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Sunday, April 23 at 3 pm
Richardson Building



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Agreement Paves Way For Berkshire Community College Graduates To Enroll In Quincy College Bachelor's Program

Graduates from another Massachusetts community college are now eligible to enroll as third-year students in Quincy College's Bachelor of Science in Business Management program.

An agreement between Quincy College and Berkshire Community College in Pittsfield outlines how specific courses will transfer

from Berkshire Community College to Quincy College, maximizing the transfer of credits while providing a scholarship for qualified students. This latest articulation agreement was finalized after detailed analysis of program requirements and extensive collaboration between Quincy College faculty and staff and their counterparts at Berkshire and is the sixth such agreement now in place (the others are with Bristol, Holyoke, Massasoit, North Shore, and Roxbury Community Colleges).

"These agreements mean that now graduates of six Massachusetts community colleges can experience a smooth transfer into our Business Management bac-

calaureate program," said Dr. Richard DeCristofaro, president of Quincy College. "Nothing is more important than strengthening our commitment to the ideals of access and affordability and, to that end, we anticipate executing articulation agreements with additional two-year state institutions so that even more students can take advantage of our affordable, accessible pathway to a four-year degree."

"Through this articulation agreement, graduates from Berkshire Community College may transfer up to 90 credits to Quincy College to complete their bachelor's degree in Business Management without credit loss at an institution that under-

Cont'd On Page 24

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OBITUARIES

Stephen T. Decelle, 62

Stephen Turner Decelle, 62, of Quincy, passed away on Wednesday, March 29, 2023, after a long illness. He leaves behind his parents, Anna Carroll, Steve and Pam Turner. His children Celina Munroe, Stephanie York and Stephen Decelle. His three brothers, Jimmy, David and Danny, three sisters Beth, Stacy and Carol. He is predeceased by two sisters Patti and Kathleen. Survived by three grandchildren, Tige, Tabitha and Madeline. He is also survived by many close cousins, nieces, nephews, beloved Auntie, as well as numerous friends.

There will be no calling hours or funeral. Instead, a gathering will be posted at a later date. Any donations are welcome and can be made to Father Bill's in Quincy.



STEPHEN T. DECELLE

He will be sadly missed by all who had the pleasure of having him in their lives. His outgoing personality and sense of humor will be a loss for all.

It is what it is.

Ciao.

Funeral arrangements are under the care of Hamel-Lydon Chapel. For information and online condolences, please visit www.HamelLydon.com.

Dorothy C. Blyth, 86

Dorothy Claire (Mul-laney) Blyth, 86, a lifelong resident of Quincy died April 5, 2023. The beloved wife of the late James A. Blyth. Loving mother of Thomas and his wife Amy (Taylor) Blyth of Suffolk, VA and James and his wife Deirdre (Moran) Blyth of Abington. Sister of the late John "Tom" Mul-laney and Marilyn Caiewski. Grandmother of Victoria Blyth, Thomas J. Blyth, Anna Nicole Blyth and Jessica Marie Blyth. Great grandmother of Easton Thomas Deitz and Blair Ainsley Deitz.

Dorothy was born, raised and educated in Quincy. She married the love of her life James A. Blyth and together they raised their two sons in Quincy. Dorothy was very active in St. Ann's Parish. She was a member of the Maryann's as well as St. Vincent de Paul Society. Dorothy was also active in St. Ann's Bingo. Dorothy worked at State Street Bank and later at UMass College of Nursing. In her free time she enjoyed



DOROTHY C. BLYTH

crafting, story telling and traveling. Nothing was more important than spending time with her grandchildren, she adored them and in return they cherished her. She will be remembered as a devoted wife, mother, grandmother and great grandmother.

Visiting hours were held Tuesday in the Keohane Funeral Home, 785 Hancock St., Quincy. A Celebration of Life Service will be held in the funeral home at 9:15 a.m. on Wednesday prior to the Funeral Mass in St. Ann's Church, Quincy at 10 a.m. Burial in Blue Hill Cemetery, Braintree.

Francis J. McGinty, 76

Francis J. McGinty, 76, of Quincy, died April 1, 2023 following a brief illness at St. Elizabeth's Medical Center, Boston. He was the devoted husband of 39 years to Erlinda (Salazar) McGinty.

Born in Boston April 3, 1946 he was the son of the late Francis E. and Mary M. (Cunningham) McGinty. Frank graduated Boston College High School and received his Bachelor's degree from Bridgewater State University. He served his country with honor in the US Air Force during the Vietnam era, and was stationed in both Texas and Mississippi before being discharged with the rank Airman 3rd class, E2.

Always generous with his time and his resources, Frank supported Father Bill's place, the South Shore YMCA, Beechwood on the Bay, and Share New England for many years. His support will be greatly missed.

Frank made his career as a Civil Engineer, working for the City of Quincy from 1970-1976, then with the Commonwealth of Massachusetts MDC Parks Dept from 1976 until retiring in 2002. He was a well rounded man who always took care of



FRANCIS J. MCGINTY

himself, exercising regularly. He was a voracious reader and enjoyed classical music.

In addition to his beloved wife Erlinda, Frank is survived by a sister, Carol McNulty and her husband Robert of Hanover, and nephews Brian and Kevin McNulty.

Visiting hours were held Monday, April 10, 2023 at the Hamel-Lydon Chapel, 650 Hancock St., Quincy. A funeral was held Tuesday, April 11, from Hamel-Lydon Chapel followed by a Mass of Christian Burial in Our Lady of Good Counsel Church, 237 Sea St., Quincy. Burial with military honors followed at Mt. Wollaston Cemetery, Quincy. For more information or to leave condolence messages visit HamelLydon.com.

Joan P. Malvesti, 81

Joan P. Malvesti, age 81, a lifelong resident of Quincy, died peacefully, Wednesday, April 5, 2023 at the Pat Roche Hospice Home in Hingham.

Joan was born, raised, and educated in Quincy. She was a graduate of Quincy High School, Class of 1959, and the former Chandler Business School of Boston.

Joan was employed in the Legal Claims Department of the former New England Telephone Company for thirty years, retiring as a staff manager.

She was a member of the former Proparvulus Club of Boston, an affiliate of Catholic Charities, and a long-time communicant at Saint Agatha Parish in Milton. Joan also volunteered as a "Big Sister" with Big Brothers Big Sisters for ten years.

She enjoyed traveling both domestically and throughout Europe.

Beloved daughter of the late Joseph P. Malvesti, Lt., Q.F.D., Retired and Delia R. (Lombardi) Malvesti.

Devoted sister of William M. Malvesti of Weymouth and his late wife Beth, and the late Colonel Richard J. Malvesti, U.S. Army and his surviving wife Carol of S.C.

Loving aunt of Dr. Michele L. Malvesti of Va., Daniele M. Malvesti of N.C., and Michael D. Malvesti,



JOAN P. MALVESTI

Weymouth Police Dept. and his wife Carly of Abington.

Caring great aunt of Grayson R. Oliver and Trenton S. Oliver, both of N.C.

Visiting hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Friday, April 14, from 5 - 7 p.m. Relatives and friends are invited to attend. A Funeral Mass will be celebrated at Saint Agatha Parish, 432 Adams St., Milton, on Saturday, April 15, at 10:30 a.m. Interment to follow at Blue Hill Cemetery, Braintree.

In lieu of flowers, donations in Joan's memory may be made to Big Brothers Big Sisters of Eastern Massachusetts, 184 High St., Third Floor, Boston, MA 02110.

You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Gayle M. Harding, 78

Gayle M. (Van Bibber) Harding, age 78, a lifelong resident of Quincy, died suddenly, Sunday, April 2, 2023 at South Shore Hospital in Weymouth, in the comfort of her loving family.

Gayle was born in Quincy, to the late Norman K. and Hughena M. (Dawson) Van Bibber. She was raised and educated there.

Gayle was employed at Hancock Park Rehabilitation and Nursing Center in Quincy for twenty-three years, working as a hostess and food server at the Allerton House Assisted Living. She had retired just three days prior to her passing. Gayle enjoyed many long-lasting friendships with colleagues and residents alike.

Gayle enjoyed dining with family and friends. She had a passion for animals, especially cats. She adored her twenty-year old cat, Bailey, and Bailey occasionally reciprocated her love. Most of all, she was devoted to her family, actively supporting their many activities and accomplishments.

Longtime companion of the late George E. "Sonny" Nowe, Jr.

Devoted mother of Robert E. Melanson, Denise M. Wass, and Darlene K. Richman.

Loving grandmother of



GAYLE M. HARDING

Justin, Stephen, Nicole, and Misty.

Cherished great grandmother of Jackson, Jayson, and Sophia.

Dear sister of Judith Parker, and predeceased by James Van Bibber, Norma L. Blom, and Ronald Van Bibber.

Gayle is also survived by many loving nieces, nephews, and their families.

She was predeceased by her husband, Richard D. Harding.

At the request of the family, services were private.

In lieu of flowers, donations in Gayle's memory may be made to the Quincy Animal Shelter, P.O. Box 690088, Quincy, MA 02269-0088.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Robert G. Gordon, 90

Robert "Bob" G. Gordon, 90, of Quincy, passed away peacefully with his family by his side on April 2, 2023.

The beloved husband for 56 years of the late Natalie (Hayes) Gordon. Dear son of the late Henry Gordon, Sr. and Helen (Powers) Gordon. Devoted father of Mary Griffith and her husband Paul of Quincy, Patricia Maggio and her husband Bruce of Quincy and Robert G. Gordon, Jr., and his wife Kathleen of Woodbury, Minn. Brother of the late Henry, Jr., Howard and James Gordon.

Cherished grandfather of Paul Griffith, Jr. (Jill), Michael Griffith (Jacquelyn), Jonathan Griffith (Jena), Allison Griffith (Julia) and Jennifer Griffith (Christopher) all of Quincy, Bruce Maggio (Julie) of Abington, Stephen Maggio (Shannon) of Rockland, Amanda Maggio (Thomas) of Quincy, Robert, William and Caroline Gordon all of Minn. and 12 great-grandchildren. He was also survived by many nieces and nephews.

Bob joined the Navy during the Korean War and served aboard the USS Des Moines. He was employed by the Boston Fire Department, Fire Alarm Construction Division as a Working Foreman



ROBERT G. GORDON

and retired in 1982. He was a hard worker who worked numerous side jobs so that his wife would be able to stay at home with their children. He also enjoyed traveling with his wife and family creating lasting memories.

The family would like to acknowledge the extraordinary care given by The Fenno House, John Adams Rehabilitation and Nursing Facility, SSA Homecare and the Norwell VNA and Hospice.

A funeral service was celebrated Tuesday at the Keohane Funeral Home, 785 Hancock St., Quincy.

Donations in memory of Robert may be made to Norwell Visiting Nurse Association & Hospice, 120 Longwater Dr., Norwell, MA 02061. See www.Keohane.com for directions and online condolences.



Honor Your
Loved One's
Memory
With Flowers

cliffords.com
1.800.441.8884

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun.

Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

Anthony M. Cascarano, 39

Anthony M. Cascarano, age 39, a longtime resident of Randolph, died peacefully, Tuesday, April 4, 2023 at South Shore Hospital in Weymouth.

Anthony was born in Dorchester. Raised and educated in Randolph, he was a graduate of Southeastern Regional Vocational Technical High School in South Easton. He lived in Hull for the past two years, previously in Randolph for most of his life.

Anthony was employed as a financial service representative at the Quincy Credit Union for over ten years. He enjoyed his time there and the relationships that he fostered with colleagues and clients. He was also proud to be a notary public in the Commonwealth of Massachusetts.

Anthony was a gregarious person - who enjoyed interacting with people. He



ANTHONY M. CASCARANO

had a special relationship with his late grandmother. He was proud of his Italian heritage. Anthony also enjoyed cooking and loved the holidays, especially Easter, when he would wish "Buona Pasqua" to family and friends.

Beloved son of Lisa M. Cascarano and her fiancé Mark E. Nelson of Bridgewater.

Devoted brother of Jonathan D. Cascarano and his

wife Jordan of Worcester.

Nephew and godson of Mark F. Cascarano and his wife Tammy of Randolph.

Anthony is also survived by many aunts, uncles, cousins, and friends.

Dear grandson of the late Emily F. "Lee" (Swan) and Francis N. "Frank" Cascarano. Dear surrogate grandson of John Repice of Pembroke.

At the request of the family, funeral arrangements were private.

For those who wish, donations in Anthony's memory may be made to the American Cancer Society, 3 Speen St., Suite 250, Framingham, MA 01701.

Arrangements were under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave., Quincy. You are invited to visit www.thesweeneybrothers.com or call 617-472-6344.

Carol A. Bradbury, 83



CAROL A. BRADBURY

After Carol's children were in school, she worked various jobs with mother's hours. Carol worked as a cashier for Stop & Shop for over 20 years. If someone was short Carol would pay for them and say pass it on. After retirement, Carol loved reading, coloring, and doing puzzles with Anthony and Abigail, her grandchildren.

Carol will be remembered as a selfless person with a big heart and beautiful smile.

Beloved wife of Martin E. Bradbury of Quincy; loving mother of Michael Bradbury and his wife Sinet of Derry,

NH, Andrea Coughlin and her husband John of Quincy, James Bradbury and his wife Lisa of Weymouth, and the late Joseph M. Bradbury; loving grandmother of Anthony and Abigail Coughlin and step-great grandmother to Jenna Smith; sister of the late Janet Collins and the late Robert MacNeil; dear cousin of Charlotte Melander and dear friend Karen Alvarez both of Braintree. Carol is also survived by the Collins Family nieces and nephews.

Family and friends are invited to visiting hours on Friday, April 14th from 10:00 a.m. -11:00 a.m. at the Dennis Sweeney Funeral Home, 74 Elm St., Quincy Center. There will be a service in the Funeral Home at 11:00 a.m. Burial to follow at Blue Hill Cemetery, Braintree.

In lieu of flowers, donations can be made in Carol's name to the Alzheimer's Association at <https://www.alz.org/help-support>.

George P. Valli, 91

George Peter Valli of Bradenton, FL, formerly a longtime resident of Quincy, passed away on Monday, April 3, 2023. He was 91.

He was born in New York, NY to Catherine (Kearney) and Peter Valli and raised in New York City. Shortly after high school, George enlisted in the United States Navy for 4 years. While serving, he was stationed in Boston where he met the love of his life, Rosemary Wyman. After marrying they lived in South Boston, starting a family, eventually moving to Quincy in 1965. George worked as a Manager of Shipping and Receiving for Jacobson Floral Supply, Inc. for 30 years before retiring. A few years after his beloved Rosemary passed in 2001, George moved to Bradenton, FL where he was close to his daughter Maureen. He enjoyed his new community, was cherished by his many friends there and will be greatly missed. George was always



GEORGE P. VALLI

very family oriented. He looked forward to family get-togethers in his backyard by his swimming pool. He enjoyed traveling with Rosemary, including many road trips and cruises. He was a jigsaw puzzle enthusiast, with no challenge too big. George was kind and trustworthy. His listening ear made him a confidant for many family members, friends and coworkers alike. His office at work sported a sign that read "George's Chapel", as it was a safe haven for those that needed someone who's discretion and advice they could count

on. He made friends wherever he went and will be dearly missed by all who knew him.

Beloved husband of 48 years to the late Rosemary Valli. Devoted father to Maureen Giordano of Parrish, FL, George H. Valli and his wife Gale of Braintree, Christopher Valli and his wife Briget Bride of Randolph, and Steven Valli and his wife Kathy of Quincy. Cherished grandfather of Kaitlin and her husband Damien, Alexandra and her husband Ryan, Steven and Mort. Loving great-grandfather of Edie, Lyra, and Elijah. And loving Uncle to many nieces and nephews. Predeceased by his parents, Catherine and Peter Valli, and his siblings: Hope Goddard, Alice Chavis, and Billy Valli.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Thursday, April 13, from 9 a.m.-11 a.m. in the Keohane Funeral Home, 785 Hancock St., Quincy. Funeral service will be celebrated immediately following the visitation at 11 a.m. in Keohane Funeral Home, Quincy. Burial in Knollwood Memorial Park, Canton.

In lieu of flowers, donations in memory of George may be made to Disabled American Veterans, State House, Room 546, Boston, MA 02133. Please see www.Keohane.com for directions and online condolences.



JOHN E. IGO

nations may be made to BAMS, 10 Christy's Dr., Brockton, 02301. For online condolences please visit Hamellydon.com.

John E. Igo of Brockton passed away April 7, 2023.

Son of the late John and Marilyn Igo Cherished brother of Stephen Igo and his wife Michelle of Braintree and Joseph Concannon of CA. Loving Uncle of Jack, Jamieson and Nolan Igo all of Braintree.

Relatives and friends are respectfully invited to attend the Mass of Christian Burial 10:30 a.m. Thursday in St. Ann's Church, Quincy. Visiting hours Wednesday 4-7 p.m. in the Hamel-Lydon Chapel, 650 Hancock St., Quincy.

In lieu of flowers do-

Constance A. Ryan, 88



CONSTANCE A. RYAN

and his wife Carolyn of Braintree, MA, William P. Ryan and his wife Sandra of Westwood, Ma, Walter V. Ryan and his late wife Barbara of Plymouth, MA, Dorothy Skelly and her late husband Edmund of Wilbraham, MA and Gregory L. Ryan and his wife Jean of Brentwood, NH. Connie is also survived by her aunt, Joan (Wells) Phillips of Foxboro, and many loving nieces and nephews.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Saturday, May 13, 2023, 8:30-9:30 a.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Celebration of Life Service will be held in the funeral home at 9:30 a.m. on Saturday, May 13, 2023, prior to the Funeral Mass at Divine Mercy Parish in Sacred Heart Church, Quincy at 10 a.m.

Services will conclude with interment in St. Joseph Cemetery, Boston.

In lieu of flowers, memorial contributions may be sent in Connie's name to Children's Cancer Research Fund by visiting www.childrenscancer.org.

Eileen M. McGowan

Eileen M. McGowan passed away peacefully at Alliance Health at Marina Bay on Tuesday, April 4th, 2023.

Born and raised in Boston, she was a graduate of St. Augustine High School in South Boston and also attended Boston State College.

Beloved daughter of the late William and Catherine McGowan and sister to Catherine Nettles of Florida and the late Kevin McGowan. Loving aunt to Scott Nettles of Florida.

A Funeral Mass will be celebrated at St. Ann's Quincy on Saturday, April 15th at 10:00 a.m. Interment at New Calvary Cemetery, Mattapan.

The family would like to thank the staff of Alliance Health for the wonderful care they provided to Eileen.

In Loving Memory of
DAN HAGERTY
4/11/2017 ~ 4/11/2023



6th Year Anniversary

We miss &
love you always.
Marney, Lisa,
Rhonda, Karla &
grandchildren

In Loving Memory

Cheryl Morano
(1954-2021)



When you called
out my name,
I knew our lives
would never
be the same.
We started to cry.
I'll never say
goodbye. 143
Your loving
husband,
George

**PLEASE
RECYCLE
THIS
NEWSPAPER**

The Littlefield Farm Topic April 25 Houghs Neck Historical Series

As part of the free Houghs Neck Historical Series, Patti Williams will present "The Littlefield Farm" on Tuesday, April 25, from 7 to 8:30 p.m. at the Houghs Neck Congregational Church, 310 Manet Ave., Quincy.

From 1858 to 1889, the Littlefield brothers owned the 58-acre Littlefield farm, purchased for \$5,000, one of largest operating farms in Houghs Neck at that time.

Where was it? How did it make money? Animals? Crops?

Based on a wonderful cache of primary documents learn how the farm oper-

ated. The farm, owned by brothers George and Rufus Littlefield, had a wholesale and retail milk business and also for 20 years supplied the local Houghs Neck summer community with milk, eggs, and vegetables.

In 1870, the northern 20 acres of the farm became the first residential development in Houghs Neck (to-

day's Bay View Avenue). A majority of the talk is based on primary documents including deeds and 15 years of personal records kept by Rufus Littlefield.

As a special treat during this talk will be a Farm Stand, provisioned by the ladies of the Seaside Social Club of the Houghs Neck Congregational Church.

Based on the groceries bought by the Littlefield family, you can expect to find breads, pies, cookies, jellies and more available for purchase.

The final two talks in the series are The Hotels of Houghs Neck (May 18) and Building the High-Level Sewer Line (June 1).

All are welcome.

Berkshire C.C., Quincy College Agreement

Cont'd From Page 20

stands their needs and, most importantly, their potential," said Dr. Servet Yatin, Provost of Quincy College. "We listened to our students and learned about the frustrations they experienced in the transfer process. This articulation agreement removes barriers to completion by recognizing credits earned at Berkshire Community College and other institutions. We believe that this partnership will play an important role in increasing graduation rates throughout the Commonwealth."

Berkshire Community College students are eligible for Quincy College schol-

arships of up to \$2,000. To promote access for students throughout Massachusetts, Business Management courses can be taken either in person or online.

In 2021, Quincy College became the first community college in Massachusetts to earn state and accrediting-agency approvals to offer a bachelor's degree; in addition to the Business Management curriculum, last year the College also was approved to offer a bachelor's degree in Computer Science. About 100 students are currently enrolled in the two bachelor's programs, and several are expected to graduate in May. Approval for the third four-year degree—in Psychology—is in process for the fall 2023 semester.

LEGAL NOTICE

CITATION ON PETITION FOR ORDER OF COMPLETE SETTLEMENT
Docket No. NO21P0679EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Joseph B. Donohue
Date of Death:
10/05/2020

A Petition for Order of Complete Settlement has been filed by Margaret A. Donohue of Brooklyn, NY requesting that the court enter a formal Decree of Complete Settlement including a determination of testacy and heirs at law and other such relief as may be requested in the Petition.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this court before: 10:00 A.M. on the return day of 05/03/2023. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: March 30, 2023
COLLEEN M. BRIERLEY
Register of Probate

4/13/23

LEGAL NOTICE

INFORMAL PROBATE PUBLICATION NOTICE
Docket No. NO23P0469EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Division
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:
Mary L. Seghezzi
Date of Death:
January 28, 2023

To all persons interested in the above captioned estate, by Petition of:
Petitioner Edward A. Seghezzi of Londonderry, NH.

a Will has been admitted to informal probate.

Edward A. Seghezzi of Londonderry, NH has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

4/13/23

OBITUARY

Kenneth J. Bresnahan, 77

Kenneth J. Bresnahan, of Quincy, formerly of South Boston, died peacefully on Friday, April 7, 2023, at the AccentCare Inpatient Hospice Center in Milton. He was 77.

Kenny was born in Boston on Aug. 26, 1945, and was the son of the late Jeremiah and Mildred (Reidy) Bresnahan. He was raised in South Boston, attended local schools, and graduated from South Boston High School. After graduation, Kenny enlisted in the United States Army and proudly served his country. Following his honorable discharge, Kenny enlisted in the City of Boston Fire Department, where he served the community until his retirement in 2007. Kenny was a former member of the Quincy Elks and the Moose Club.

In his spare time Kenny enjoyed reading, traveling, swimming, horse racing and working around the house.

The most important part of



KENNETH J. BRESNAHAN

his life was family and being a grandfather.

Kenny was loving, kind, and a loyal friend. His life lessons and example are part of his legacy that continue through his family and friends. He will be missed by all the lives he touched.

Kenny was the beloved husband of Catherine A. Hardy of Quincy. He was the devoted stepfather of Caitlyn Campbell of Quincy, and the loving grandfather of Adriana Campbell of Quincy and Tyler Cromwell of Quincy. Kenny was the dear brother of Wayne

Bresnahan of Quincy, the late Tex Bresnahan, and the late Sissy Bresnahan. He is also survived by his two children, and many nieces, nephews, extended family and friends.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Friday, April 14, 2023, 9-12 p.m. in the Keohane Funeral Home, 785 Hancock St., Quincy.

Kenneth's funeral service will be celebrated on Friday, April 14, 2023, at 12 p.m. in Keohane Funeral Home, Quincy. Cremation will follow. Interment is private.

In lieu of flowers, memorial contributions may be sent in Kenneth's name to Wounded Warrior Project, P.O. Box 758517, Topeka, KS 66675 or Vietnam Veterans of America by visiting: www.vva.org/donate.

See www.Keohane.com for directions and online condolences.

More Obituaries Online:
www.TheQuincySun.com

NOTICE OF PUBLIC HEARING

Notice of Public Hearing

April 10, 2023

2023-035

The Quincy City Council will hold a Public Hearing, on Monday, April 24, 2023, at 6:30 PM in the City Council Chambers, City Hall, 1305 Hancock Street, Quincy in reference to a petition from Massachusetts Electric Company D/B/A National Grid to erect and maintain pole locations.

MASSACHUSETTS ELECTRIC COMPANY D/B/A NATIONAL GRID requests permission to erect and maintain poles and wires to be placed thereon, wires, together with such sustaining and protecting fixtures as said company may deem necessary to be owned and used in the common by your petitioners, in the following public way or ways:

389 Granite St

Install P56-1 Granite St to be located approximately 35ft SW of P56. New pole required to provide electric service to 389 Granite St.

Wherefore it prays that after due notice and hearing as provided by law. It may be granted a location for and permission to install and maintain manholes. Ducts and wires. Said manholes and ducts to be installed substantially in accordance with the plan filed herewith marked:- Plan No. 30663787 Date: 3/21/2023

Also for permission to lay and maintain underground laterals, cables and wires in the above or intersection

Public ways for the purpose of making connections with such poles and buildings as each of said petitioners

May desire for distributing purposes.

A copy of the Applicant's plan may be examined at the Office of the City Clerk, 1305 Hancock Street, Quincy, MA. Monday thru Friday during regular business hours 8:30 A.M. to 4:30 P.M.

Any person wishing to comment can also do so via email to jmanning@quincyma.gov or by regular first-class mail addressed to the City Council Office 1305 Hancock Street, Quincy, MA 02169 Attn: Jennifer Manning. Written comment must be received prior to noon on April 24, 2023 to be entered into the record.

Nicole L. Crispo
Clerk of the Council

4/13/23

4/13/23

Friends Invite Public To Green Up The Blue Hills April 30

The public is invited to join the Friends of the Blue Hills for a spring festival of stewardship and fun. Green-Up the Blue Hills will be held on Sunday, April 30, from 1 to 4 p.m. at the Ponkapoag AMC Cabins. Volunteers will help protect the forest by pulling in-

vasive plants that threaten local species. But it won't be all work and no play. Participants and their families will also enjoy live music, a scavenger hunt, face-painting and crafts. For most visitors to the 7,000-acre Blue Hills Res-

ervation, many plants look alike, yet many of the plants are not native and degrade wildlife habitat. Participants in Green Up the Blue Hills will help protect native wildlife and plants by pulling the invasive plant, garlic mustard. The plant is easy to identify and remove, and volunteers' efforts will greatly improve the habitat for local wildlife. Volunteers can park at Temple Beth David, 1060 Randolph St. in Canton, and walk the ¾ miles to the cabins. The event is rain or shine, and while some gloves will be available for weeding, volunteers are encouraged to bring their own gardening gloves if they have them. Register for the event at friendsofthebluehills.org/greenup2023. If you have questions, email info@friendsofthebluehills.org. This program is generously sponsored by FM Generator and Barrie Naji, MBA, realtor in Canton. The program is also supported by a grant from the Canton Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

QUINCY/NORTH QUINCY Track and Field Results Vs. Pembroke April 5 Boys Bow, 94-42 Girls Bow, 84-51-2

First	Last	gender	SC	Event	Perf	Place/Scoring
Lena	Waldron	F	Q	100m	13.8	
Kimberly	Le	F	NQ	100m	14.0	
Beatriz	Gonzalez	F	Q	100m	14.6	
Yongqi(Erica)	Wu	F	NQ	100m	15.3	
Isabel	Egan	F	Q	100m	15.6	
Alexandra	Gula	F	NQ	100m	15.7	
Linda	Lau	F	Q	100m	16.0	
Aniya	Groomes	F	Q	100m	16.1	
Kyanna	Acevedo	F	NQ	100m	16.4	
ANNA	CHEN	F	NQ	100m	16.4	
Nadia	Falciani	F	Q	100m	16.4	
Milan	Le	F	NQ	100m	16.6	
Emily	Ouach	F	NQ	100m	16.6	
Queenie	Au	F	NQ	100m	16.9	
Jasmine	Chen	F	NQ	100m	16.9	
Esther	Lee	F	NQ	100m	16.9	
Emma	Roux	F	Q	100m	16.9	
Bassma	Torky	F	Q	100m	17.0	
Sophia	Zheng	F	NQ	100m	17.0	
Meadow	Cooper	F	NQ	100m	17.3	
Anne	Kuang	F	NQ	100m	17.9	
Josie	Chan	F	Q	100m	18.5	
Akila	Gherbi	F	Q	100m	20.0	
Chloe	Wu	F	NQ	100m	20.4 (fell)	
Joyce	Lukalo	F	Q	100m HH	18.3	2
Mollie	Smith-Gaeta	F	Q	100m HH	19.6	3
Ava	Hamilton	F	NQ	100m HH	20.1	
Sachi	Andrade	F	NQ	100m HH	23.1	
Sofija	Slezas	F	NQ	200m	26.3	3
Clara	Golden	F	Q	200m	30.4	
Mawez	Naves	F	Q	200m	31.1	
Alexandra	Gula	F	NQ	200m	33.3	
Maddy	McGillicuddy	F	NQ	400m	1:02.6	1
Amelija	Slezas	F	NQ	400m	1:10.6	3
Clara	Golden	F	Q	400m	1:12.3	
Hannah	Moriarty	F	NQ	400m Hurdles	1:12.0	1
Eliza	Henry	F	Q	400m Hurdles	1:14.1	2
Salma	Boukham	F	Q	800m	2:23.7	1
Tabitha	Lee	F	NQ	800m	3:29.9	
Juliana	DiBlasi	F	Q	800m	3:56.2	
Bassma	Torky	F	Q	Discus	58'01"	
Grace	McGough	F	NQ	Discus	63'02"	
Lauren	Elong	F	Q	Discus	67'06"	2
Lillian	Nguyen	F	Q	High Jump	4'04"	
Mollie	Smith-Gaeta	F	Q	High Jump	4'06"	
Alyssa	Hopps	F	Q	High Jump	4'08"	1
Lena	Waldron	F	Q	High Jump	4'08"	2
Angela	Chen	F	NQ	Javelin	52'03"	
Mollie	Nelson	F	NQ	Javelin	63'10"	
Victoria	Berry	F	NQ	Javelin	67'10"	
Helena	Middleton	F	Q	Javelin	90'04"	1
4 x 100m	Relay	F	Q	Le, Henry, Waldron, Slezas	52.8	
Joyce	Lukalo	F	Q	Long Jump	12'02.75"	
Kathy	Duong	F	Q	Long Jump	12'05.75"	
Alana	Coogan-Coyne	F	NQ	Mile	5:34.6	1
Grace	Cody	F	NQ	Mile	6:16.5	
Mollie	Nelson	F	NQ	Mile	6:18.8	
4 x 400m	Relay	F	Q	Moriarty, Coogan-Coyne, Boukham, McGillicuddy	4:20.5	1
Lauren	Elong	F	Q	Shotput	21'10.5"	
Bassma	Torky	F	Q	Shotput	23'03"	
Grace	McGough	F	NQ	Shotput	25'09"	2
Eliza	Henry	F	Q	Triple Jump	28'01.25"	
Mollie	Smith-Gaeta	F	Q	Triple Jump	28'10"	
Jacey	Ham	M	Q	100m	11.1	2
Alex	Martinez	M	Q	100m	11.5	
Gabriel	Rodriguez	M	Q	100m	11.6	

Kendry	Duran	M	Q	100m	11.9	
Marques	Rodriguez-Smith	M	NQ	100m	11.9	
Anthony	Vo	M	NQ	100m	12.0	
John	Gnakou	M	NQ	100m	12.2	
William	Lanergan	M	Q	100m	12.3	
Brandon	Hibbard	M	Q	100m	12.4	
Zhenyu	Liang	M	NQ	100m	12.6	
Thomas	Chan	M	NQ	100m	12.7	
Jordan	Leathers	M	Q	100m	12.7	
Jeanior	Alexis	M	Q	100m	12.9	
Felipe	Ducioni	M	Q	100m	12.9	
Weldon	O'Rourke	M	NQ	100m	13.0	
Dominic	Perry	M	Q	100m	13.2	
Eddy	Liu	M	NQ	100m	13.3	
Giovanni	Faulder	M	NQ	100m	13.5	
Endrick	Nacier	M	Q	100m	13.7	
Jeffrey	Nguyen	M	Q	100m	13.7	
Jiancong	Lin	M	NQ	100m	13.7	
Vincent	Lin	M	NQ	100m	13.7	
William	Li	M	NQ	100m	13.9	
Ashlon	Harris	M	Q	100m	14.2	
Alex	Zhao	M	NQ	100m	14.3	
Markel	Nob	M	NQ	100m	14.4	
Brian	Chen	M	NQ	100m	14.5	
Allen	Shi	M	NQ	100m	14.7	
Daniel	Tracey	M	Q	100m	15.2	
Elijah	Williams	M	NQ	100m	15.2	
Justin	Nguyen	M	NQ	100m	15.3	
Joseph	Mercado	M	NQ	100m	15.3	
Nicholas	Lam	M	NQ	100m	15.5	
Emran	Kathi	M	NQ	100m	15.7	
Alexander	Shaareman	M	NQ	100m	16.0	
Manlal	Erkhargal	M	NQ	100m	16.2	
Sean	Moran	M	Q	100m	16.7	
Evan	Lin	M	NQ	100m	16.7	
Reilly	Lynch	M	NQ	100m	17.2	
Michael	Merrick	M	Q	100m	20.4	
Ibrahim	Yacouty	M	Q	110m HH	20.5	3
Jayden	Francois	M	Q	200m	23.7	
Andrew	Hodgdon	M	Q	200m	24.1	3
Alex	Stankov	M	NQ	200m	24.2	
Michael	Lomanno	M	Q	200m	26.3	
Aiden	Judge	M	Q	200m	26.5	
Dominic	Perry	M	Q	200m	26.7	
Liam	Cody	M	NQ	200m	27.1	
Kieran	Feldman	M	Q	200m	30.5	
Elijah	Williams	M	NQ	200m	32.7	
Trevor	Mangino	M	Q	400m	1:00.7	
Boubaker	Diallo	M	NQ	400m	56.1	2
Jonathan	Zhu	M	NQ	400m Hurdles	1:18.4	3
David	Schmidt	M	Q	800m	2:20.2	
Patrick	Lee	M	Q	800m	2:24.0	
Michael	Akpobi	M	NQ	Discus	90'07"	
Jeanior	Alexis	M	Q	Discus	109'10"	3
Gabriel	Rodriguez	M	Q	Discus	123'03"	2
4 x 100m	Relay	M	Q	Duran, Rodriguez, Francois, Ham	44.9	
Endrick	Nacier	M	Q	High Jump	5'00"	
Anthony	Vo	M	NQ	High Jump	5'04"	3
Nate	Sampson	M	NQ	High Jump	5'06"	2
Jacey	Ham	M	Q	High Jump	5'08"	1
Ashlon	Harris	M	Q	Javelin	64'01"	
Stanley	Liu	M	NQ	Javelin	77'09"	
Brian	Baker	M	Q	Javelin	88'05"	
Kevin	Heim	M	Q	Javelin	121'08"	1
Marques	Rodriguez-Smith	M	NQ	Long Jump	17'09.5"	
Alex	Martinez	M	Q	Long Jump	20'05.5"	1
David	Schmidt	M	Q	Mile	5:20.0	
Kyle	Clements	M	NQ	Mile	5:25.4	
Nathan	Feldman	M	Q	Mile	5:35.6	
Nathan	Doyle	M	Q	Mile	5:48.3	
Liam	Murphy	M	Q	Mile	5:49.1	
John	McGurty	M	NQ	Shotput	21'00"	
William	Lanergan	M	Q	Shotput	30'08"	
Jeanior	Alexis	M	Q	Shotput	32'02.5"	
Michael	Akpobi	M	NQ	Shotput	35'10.5"	
Gabriel	Rodriguez	M	Q	Shotput	40'07.5"	1
Nate	Sampson	M	NQ	Triple Jump	33'03.5"	
Jacey	Ham	M	Q	Triple Jump	38'06.25"	3
Jayden	Francois	M	Q	Triple Jump	39'09"	1
Ryan	Alzaid	M	Q	Two Miles	11:54.7	3

Robert G. Noble, Sr. Scholarship Award

The Robert G. Noble Sr. Scholarship award has been established by the American Legion Cyril P. Morrisette Post 294 in memory of this beloved community figure and longtime activist who made the City of Quincy better. As an Ex-POW of World War II, Mr. Noble served in the U.S. Army. He was a man of deep faith and lived a life of unwavering commitment to his family,

friends and country. Mr. Noble personified the duty and sacrifice of "The Greatest Generation" and has left a legacy of service for generations to come. One \$500 scholarship will be awarded to a resident of Quincy. The scholarship will be awarded to qualified high school seniors, currently enrolled college students and students who have applied to or are attending a trade school.

This will be the final year of the Robert G. Noble Sr. Scholarship. The Noble family thanks all who contributed to this fund in honor of their father. For further information and to receive an application contact Andrea Noble-White at: RGNoblescholarship@gmail.com. Deadline for submission is April 28.



by Ryan A. Berenz

- For what team did DeMarcus "Boogie" Cousins, a first-round NBA Draft pick for the Sacramento Kings in 2010, play one season of college basketball?
- What Basketball Hall of Famer has his No. 2 jersey retired by the Philadelphia 76ers and his No. 24 jersey retired by the Houston Rockets?
- At the 2018 Pyeongchang Winter Games, teammates Jessie Diggins and Kikkan Randall won the USA's first ever Olympic gold medals in what sport?
- What sports columnist for The Kansas City Star was suspended by the newspaper for heckling New England Patriots fans from the press box at a 1998 NFL game?
- Name the Baseball Hall of Famer who, upon receiving a \$1 million signing bonus from the Oakland A's in 1989, framed the check and hung it on the wall instead of cashing it.
- What NASCAR driver ran out of fuel while leading the 2017 Daytona 500 with one lap remaining in the race?
- Offensive lineman Randy Cross spent his entire 13-year playing career and won three Super Bowls with what NFL team?

Bethany Church Indoor Outdoor Yard Sale May 20

Bethany Congregational Church, 22 Spear St., Quincy, will hold its Annual Indoor/Outdoor Yard Sale Saturday, May 20, from 9 a.m. to 3 p.m. Set up of tables and chairs are provided. \$30 per table and outside canopies are available at no extra charge if you would like to be outside. Food and beverages available for purchase. Call Margaret Milne for more information or to reserve your table, 617-773-1534.

- ### Sports Quiz Answers
1. The Kentucky Wildcats.
 2. Moses Malone.
 3. Cross-country skiing.
 4. Jason White.
 5. Ricky Henderson.
 6. Kyle Larson.
 7. The San Francisco 49ers.

More Quincy news:
The Quincy Sun.com

SUN FUN PAGES

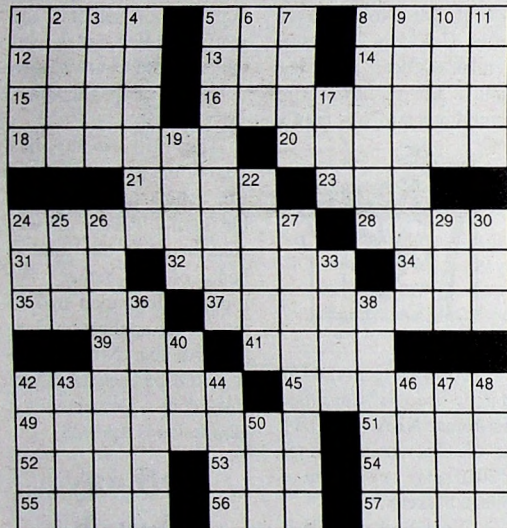
King Crossword

ACROSS

- 1 Faux pas
5 Spider's creation
8 Smith of Fox News
12 Wood strip
13 Hollywood's Gardner
14 Model Banks
15 Twistable cookie
16 "Wonder Woman" star
18 Reproductive cell
20 Old Geo models
21 Conceal, in a way
23 Zodiac cat
24 When a sporting event starts
28 Pvt.'s superiors
31 Historic period
32 Open a toothpaste tube
34 Consume
35 Beige
- 37 Floral wreaths
39 Mao — -tung
41 Coaster
42 Three-note chords
45 Doohickey
49 Hood
51 Roof overhang
52 "Got it"
53 French article
54 Pitcher Nolan
55 Waller or Domino
56 Inlet
57 Transmit
- 10 Slangy suffix
11 Bits of butter
17 Solidify
19 Ballet wear
22 Community gym sites
24 "Gosh!"
25 Lob's path
26 Strict taskmaster
27 Tea choice
29 Wee bit
30 Map lines (Abbr.)
33 Entreaty
36 Applications
38 Venomous snakes
40 Mag. staff
42 End-of-wk. cry
43 Tabula —
44 Ticket half
46 "Mercy Mercy Me" singer
47 Novelist
48 Look after
50 Disney deer

DOWN

- 1 Trudge
2 News reporter
3 Logan
4 Detail
5 "Friends" role
6 Ms. Longoria
7 Lip soother
8 Iowa and Maine, e.g.
9 Lightest element



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MAGIC MAZE • PORTS OF JAPAN

Y R N J F C Y U Q N J F C Y V
R I O L H E B X U R O L I E B

Y O K O H A M A O M O R I Y V

S Q A A N K H E B Y W R T R O
L J G B S E B Y W U I R P O N
K I G D O A B Z U H O X A V S
Q O M K M T W T S R K N K I G
E C A Y A I O A W U A S A Q P
N L J H J K B Y K N Y T S F E
C A Y U Y A X V K I I G O U S
Q P K O N M K J H F M E C B Z

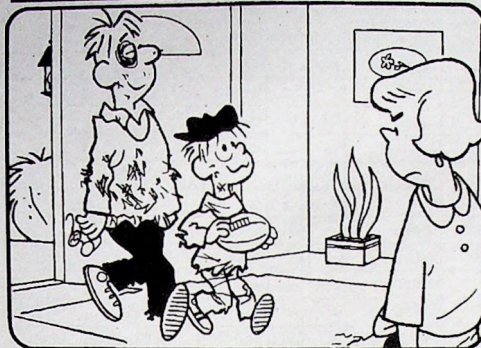
Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: CAPITAL OF JAPAN

- | | | | |
|----------|--------|-------|----------|
| Abashiri | Kuji | Nanao | Soma |
| Akita | Kyoto | Ogi | Toba |
| Aomori | Mikawa | Osaka | Yokohama |
| Kawasaki | Miyako | Oturu | |

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HOCUS-FOCUS

BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Light is missing. 2. Glasses are missing. 3. Cap is reversed. 4. Plant is missing. 5. Collar is different. 6. Cuff is added.

Trivia test

by Fifi Rodriguez

- TELEVISION: What is the name of the president in the drama "West Wing"?
- GEOGRAPHY: Which U.S. state shares the same name as one of the Great Lakes?
- U.S. PRESIDENTS: What are the ZIP codes assigned to the president and first lady?
- LANGUAGE: What is cryptophasia?
- MOVIES: What is the number on top of the bus in the movie "Speed"?
- LITERATURE: What is the setting for Dashiell Hammett's novel "The Maltese Falcon"?
- ANATOMY: Which two parts of the human body contain the most bones?
- U.S. STATES: In which

state would you find the Grand Teton National Park?
9. AD SLOGANS: Which popular product uses the slogan, "Is it in you?"
10. FOOD & DRINK: What is the primary ingredient of baba ganoush?

Answers

- Josiah "Jed" Bartlet.
- Michigan.
- 20500-0001 and 20500-0002.
- A language developed by twins that only the two children can understand.
- 2525.
- San Francisco.
- More than half the bones are in the hands and feet, 27 in each hand and 26 in each foot.
- Wyoming.
- Gatorade.
- Eggplant.

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Wishing Well®

8 7 8 5 4 5 3 6 3 6 3 5 8
N C O H H O Y B O E U P T
5 2 5 7 3 5 4 7 2 5 8 3 7
E S S H R A A A W R H E R
8 5 3 6 2 8 5 7 8 3 5 2 5
I E C D E N R M G E E E A
7 3 5 3 7 2 6 8 6 5 3 8 3
E I L V D T I B P I E U B
2 4 3 8 5 3 5 7 3 7 6 5 8
V N O G Z N E L U I L D S
3 8 2 8 7 8 4 7 6 4 6 2 4
S Y I O F U G E O I M C N
2 6 4 6 4 6 4 2 6 2 4 2 4
T A T T H I E O C R R Y E

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19)
This is a good time to reassess important relationships, both personal and professional, to see where problems might exist and how they can be overcome. Keep the lines of communication open.

TAURUS (April 20 to May 20)
It's not easy to bring order to a chaotic situation, whether it's in the workplace or at home. But if anyone can do it, you can. A pleasant surprise awaits you by week's end.

GEMINI (May 21 to June 20)
Be careful that you don't make an upcoming decision solely on the word of those who might have their own reasons for wanting you to act as they suggest. Check things out for yourself.

CANCER (June 21 to July 22)
A personal relationship that seems to be going nowhere could be restarted once you know why it stalled in the first place. An honest discussion could result in some surprising revelations.

LEO (July 23 to August 22)
That unexpected attack of self-doubt could be a way of warning yourself to go slow before making a career-changing decision. Take more time to do a closer study of the facts.

VIRGO (August 23 to September 22)
A workplace problem needs your attention now, before it deteriorates to a point beyond repair. A trusted third party could be helpful in closing the gaps that have opened.

LIBRA (September 23 to October 22)
A recent family situation could give rise to a new problem. Keep an open mind and avoid making judgments about anyone's motives until all the facts are in.

ation could give rise to a new problem. Keep an open mind and avoid making judgments about anyone's motives until all the facts are in.

SCORPIO (October 23 to November 21)
Rely on your always-sharp intuition to alert you to potential problems with someone's attempt to explain away the circumstances behind a puzzling incident.

SAGITTARIUS (November 22 to December 21)
Although you still need to do some snipping off of those lingering loose ends from a past project, you can begin moving on to something else.

CAPRICORN (December 22 to January 19)
With your self-confidence levels rising, you should feel quite comfortable with agreeing to take on a possibly troublesome, but potentially well-rewarded situation.

AQUARIUS (January 20 to February 18)
Travel is favored, both for business and for fun. The end of the week brings news about an upcoming project that could lead toward a promised career change.

PISCES (February 19 to March 20)
You might feel suddenly overwhelmed by a flood of responsibilities. But if you deal with each one in its turn, you'll soon be able to hold your head above water and move on.

BORN THIS WEEK: You have a wonderful way of offering comfort as well as guidance. You would do well in the healing arts.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: K equals F

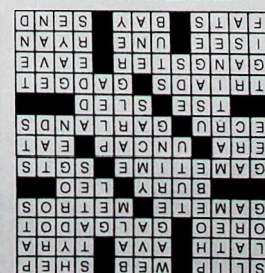
RK SDF CMRVCSWP QGCHCQSWHL
CHW PHCDM FM SGW LCVW
QCHSFFM KHCWV, R'P QCUU SGWV
QWU VCSWL.

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King Crossword

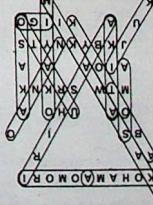
Answers

Solution time: 22 mins.



Magic Maze

ANSWERS:



CryptoQuip

answer

col mates

are drawn on the same

if two animated characters

HOLLYWOOD

by Tony Rizzo

HOLLYWOOD—Jane Fonda, 85, finally fulfilled her wish to be a warrior queen when she voiced the Warrior Queen of the Seven Seas in the computer-animated, coming-of-age fantasy “Ruby Gillman: Teenage Kraken,” due June 30. She’ll first hit movie screens May 12 in “Book Club: The Next Chapter,” with Diane Keaton, Candice Bergen and Mary Steenburgen. Hopefully, it will be more successful than “80 for Brady,” which, despite having the star power of Fonda, Lily Tomlin, Sally Field, Rita Moreno and Tom Brady, cost \$28 million and grossed just under \$40 million.

Twenty-three years ago, “Gladiator” won Oscars for Best Picture, Best Actor (Russell Crowe), Best Visual Effects, Best Sound and Best Costume Design. Now, director Ridley Scott, 85, is finally making his sequel. This time, it’ll star Irish actor Paul Mescal (who received an Oscar nomination for Best Actor this year for “Aftersun”) and “Banshees of Inisherin” Best Supporting Actor nominee Barry Keoghan. (Keoghan’s up next in “Saltburn,” with Rosamund Pike, Jacob Elordi and Carey Mulligan.) Add Denzel Washington (up next in “The Equalizer 3,” due Sept. 1) to the mix, which will reteam him with Scott, his “American Gangster” director. You can also expect a Gladiator-style series that is currently in the works, starring Anthony Hopkins, and also a reboot of Starz’s “Spartacus” series.

Russell Crowe is back with a vengeance, with “The Pope’s Exorcist” (due April 14), co-starring Franco Nero. Crowe also has “Kraven the Hunter,” with Aaron Taylor-Johnson

and Ariana DeBose due October 6, as well as two films still awaiting release dates — first is “The Georgetown Project,” with Sam Worthington, David Hyde Pierce and Karen Gillan. The second film is “Sleeping Dogs,” also with Gillan, who will star as Nebula in the upcoming “Guardians of the Galaxy Vol. 3,” releasing May 5.

Cheech & Chong were way ahead of their time when they made the pro-marijuana film “Up in Smoke” (1978) for a mere \$2 million, which grossed a whopping \$104 million. Now 76, Cheech Marin has made about 80 films and starred in many TV series, including “Nash Bridges” (1996-2001). Tommy Chong, now 84, has made 21 films and about a hundred TV appearances. But now, the comedy duo are the subjects of an upcoming biopic. What could be more timely?

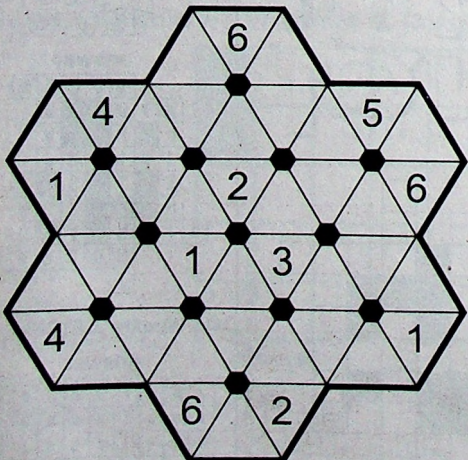
Before winning an Oscar for Best Actress for “Everything Everywhere All at Once,” Michelle Yeoh was already the busiest actress in Hollywood. June 9 brings just her voice in “Transformers: Rise of the Beasts,” while Sept. 15 brings “A Haunting In Venice,” with Kenneth Branagh, Jamie Dornan and Tina Fey. Yeoh’s also lending her voice to “The Tiger’s Apprentice” and starring as Madame Morrible in “Wicked: Part One,” due November 2024, and “Wicked: Part Two,” due in 2025. Not to mention, she’s already filmed “Avatar 3,” releasing December 2024, and “Avatar 4,” releasing December 2026. Even before she won her Oscar, she was already yo-yoing between multiple movie sets!

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

	-		x			15
x		+		x		
	-		x			24
-		x		-		
	x		-			25
23		15		28		

1 2 3 4 5 6 8 9

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KOVELS Antiques & Collecting

By Terry and Kim Kovel

Tiffany Studios — Tiffany Studios is synonymous with luxury and decorative items like jewelry, useful pieces made of precious metals and elaborate stained-glass lamps. The company also made practical objects, such as its line of commercial desk accessories made from about 1890 to the 1930s.

Desk sets include items that office workers are unlikely to see today, like this rocker blotter in the Bookmark pattern. It sold for \$161 at Cowan’s auctions in Cincinnati, Ohio.

The Tiffany Bookmark series featured the marks of early printers surrounded by panels of raised leaves and flowers. During the turn of the century, office workers would have used a rocker blotter along with a fountain pen and ink stand. Many people who have written with a ballpoint pen have smeared the ink. Fountain pen ink would have taken even longer to dry.

People would speed up the drying with a sprinkle of sand or powder and, later, by blotting it with special paper. This rocker blotter would have held sheets of blotting paper to use on documents written in ink.

Q: I inherited a set of very old metal cookie cutters from my mother. I’ve never used them but have childhood memories of the cookies made with them. Can you tell me a little about old cookie cutters? How can I determine the age and price?

A: With “farm” style currently a design favorite, early cookie cutters with their rustic look are fun to collect and display. Cookie cutters are thought to date from about 1475, with the first American cookie cutters made by tinsmiths in East Berlin, Connecticut, about 1720. Tin was the primary material for cookie cutters

until 1920, when aluminum became popular. Plastic replaced aluminum after World War II. Metal cookie cutters with “bullet” handles are especially wanted by collectors. Early cutters usually have backs made of uneven pieces of scrap tin.

TIP: Silverware that has been tarnished by eggs will come clean if rubbed with damp salt.

CURRENT PRICES

• Jewelry, pendant, dice, textured gold, glossy gold pips, 1800s, 3/4 inches, \$75.

• Toy, Girl Cycle, girl on motorcycle, lithographed tin, vinyl head with rooted hair on rider, friction works, box, Haji, Japan, 1950s, 8 inches, \$195.

• Rookwood pottery pitcher, Cherries & Leaves, standard glaze, three-sided form, shaped rim with elongated spout, Rookwood flame mark, artist cipher for Amelia Browne Sprague, 1891, 5 1/2 x 7 inches, \$220.

• Civil War Union canteen, metal, brown wool cover, cotton strap, three sling loops, stopper with ring and chain, 7 3/4 inches, \$530.

• Poster, Take Up the Sword of Justice, classical figure with arms up, holding sword, ship Lusitania in background, linen backing, Bernard Partridge, London, 1915, 27 x 19 inches, \$630.

• Clock, shelf, burlwood, ebony accents, arched bonnet, five brass finials, white and brass face, Whitington & Westminster chimes, bracket base with brass feet, England, c. 1900, 15 x 9 x 8 inches, \$2,000.

For more collecting news, tips and resources, visit www.Kovels.com

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STICKELERS by Terry Stickels

Five of the six words below share a common characteristic. Can you figure out which word doesn’t belong with the others?

STAB
STARS
GHOST
HIGH
DESIST
EFFORT

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Strange BUT TRUE

• An anonymous Middle Eastern prince donated \$500,000 for Hurricane Sandy relief in exchange for a 15-minute meeting with actress Kristen Stewart.

• The creators of Dragon’s Lair used Playboy magazines to create the princess.

• After more than six decades of separation, differences in the language have developed between South and North Korea. This leads to hardship for North Korean defectors after they escape, because they have to relearn their language.

• That distinctive odor of pool water usually described as the smell of chlorine is actually chloramines, which are released when chlorine reacts with human sweat, oil or urine.

• A snake’s heart can move around its body to protect it from harm when the snake has eaten a large prey.

• When is a kiss not just a kiss? Ask the fellow who, in 2010, bypassed security at the Newark Airport to smooch his girlfriend goodbye. The entire terminal was

shut down for seven hours and the gentleman became known as “Airport Romeo.”

• Around 20 million years ago, 7-foot tall, 2,000-pound pigs roamed the earth.

• The 1963 movie “Charade” entered the public domain immediately upon its release because Universal Pictures published it with an invalid copyright notice.

• All the air in potato chip bags everyone complains about is actually nitrogen and serves a useful purpose: It preserves crispiness and provides a cushion for shipping.

• Former Norwegian Prime Minister Jens Stoltenberg once went undercover as a taxi driver in Oslo because he wanted to “hear from real Norwegian voters and taxis were one of the few places where people shared their true views.”

• Abolitionist Frederick Douglass was the most photographed American of the 19th century.

Thought for the Day: “The pessimist complains about the wind. The optimist expects it to change. The leader adjusts the sails.” — John Maxwell

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Now here’s a tip!

by Jo Ann Derson

• Rub hands with lemon slices to get rid of onion or fish smells. Afterward, you can put the lemon slices down your garbage disposal unit with a few ice cubes to get rid of smells there, too.

• Here’s a great way to get a longer life out of a bar of soap: Press the plastic top of a pop bottle into the side of a wet bar of soap. When you set the bar down in your soap dish, put it plastic side down. This way, the bar doesn’t sit in any residual water and turn into a goopy mush. The plastic top comes out easily if you need to remove it. — Y.P. in Illinois

• Nylon stocking strips are great and work really well in the garden. If you have a pair that has a run, chop them up into pieces. You can use them to tie up staked plants, as they are strong but gentle enough to not cause any harm. — E.S. in Wisconsin

• Reduce your energy costs of drying clothes by hanging heavy items (think towels, throw blankets, jeans, sweats) for a few hours to air dry before popping them in the dryer. You can cut the drying time by as much as two-thirds, and still get that tumble-dried softness. — M.N. in Missouri

• Keep a kitchen timer near your phone so you can limit the length of long-distance calls. They can add up quickly if you don’t watch it!

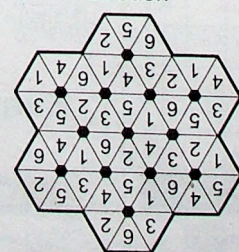
• Renew your paintbrushes with this trick: Heat vinegar to boiling. Pour into a tall, narrow container that won’t melt. Add hardened brushes, bristle side down. Stick a pencil through the hole in the paintbrush handle and balance it across the top of the container. It keeps the bristles from bending in the bottom of the container. Let brushes soak until vinegar is cooled. Use a wire brush to clean.

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

solution



Stickelers Answer

Go Figure! answers

28	15		23
25	2	3	9
		x	-
24	6	x	8
	x	+	x
15	5	x	4

EFFORT doesn’t belong with the others because the other five all begin and end with two consecutive letters of the alphabet.

Super Crossword

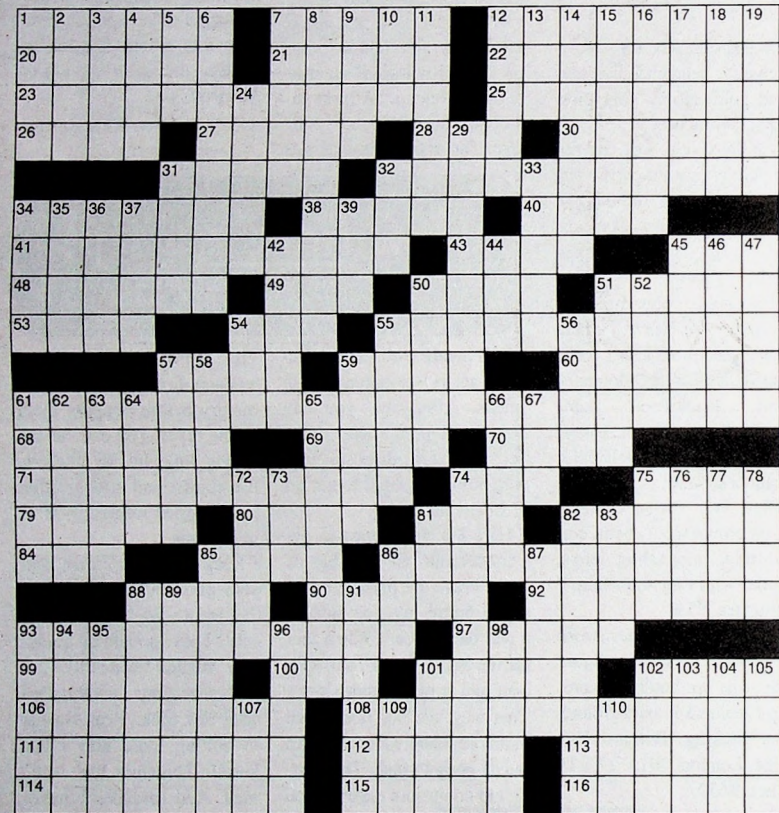
RECORD PLAYING

ACROSS

- 1 "Same Old Love" singer Gomez
7 Taken-back autos, e.g.
12 Most adultlike
20 Sanctuary
21 Novelist Jong
22 Undeveloped expanse
23 Carole King album hanging as a decoration?
25 Surpass
26 Drags to court
27 Endures
28 Big primate
30 San — (Texas city, informally)
31 Nixon veep Spiro
32 Taylor Swift album signed for a Catholic dignitary?
34 Title ship in a 1997 Spielberg epic
38 Hullabaloo
40 Hoodwink
41 John Lennon album sitting there all by itself?
43 Shoe parts
45 "Attack, dog!"
48 Portions out
49 In the style of
50 Closest buds, in brief
51 Savoir —
53 Get as profit
54 Historic start?
55 Write preliminary lyrics to a
Patti Smith album?
57 Healing sign
59 Cello's ancestor
60 Pop's Grande
61 Michael Jackson album that plays mind games?
68 Pope before Stephen IV
69 Having no depth, in brief
70 Spellbound
71 Bob Marley album that's very popular in big cities?
74 Granola bit
75 Dearth
79 Works by painter Joan
80 Small bouquet
81 Polymer used in piping, for short
82 U.S. Navy builder
84 Major Calif. airport code
85 General — chicken
86 Looking to buy a Beatles album?
88 Only OK
90 Frequently
92 Least distant
93 Badly damaged
95 Fleetwood Mac album?
97 Assessed
99 Mad
100 Dryly funny
101 Peeling knife
102 Smartphone
106 Mark up with comments
108 Joni Mitchell album upon being hit by lightning?
111 Billy Joel hit
112 Stones
113 Celestial dust cloud
114 Parts of car wheels
115 Cheeky
116 Old Faithful is a famous one

DOWN

- 1 Toothed tools
2 Jacob's twin
3 Actor Waggoner
4 Edifice
5 Granola bit
6 Mixtures
7 Della of song
8 Of times past
9 Fruit stones
10 Scanner of bar codes, for short
11 Doc's throat-checking request
12 Copied a cow
13 Clerk on "The Simpsons"
14 The "T" of the DPT vaccine
15 Detach, as a jacket fastener
16 Toy in a crib
17 Mistake
18 River by the Louvre
19 Affixed, as gift wrap
24 Bamboo-eating bear
29 Comical tumble in slapstick
31 Very busy
32 Sebastian of England
33 That is, to Tiberius
34 Not closed all the way
35 Stubborn sort
36 Land in el agua
37 Go no further
39 Go — diet
42 Greta of the silver screen
44 Part of OTB
45 Cordage fiber
46 Dunne of the silver screen
47 Labor leader Chávez
50 Extensive
51 Supporting the idea
52 Seed casing
54 Compadre
55 Chopped into small cubes
56 Lyre relative
57 Tibias' places
58 Spiral shape
59 Title cousin in a 1992 film
61 Purple fruits
62 Letter flourish
63 "Hey, dude!"
64 Turin "Ta-ta!"
65 Turns rancid
66 Part of OTB
67 Chapeau
72 — salts
73 Slimy stuff
74 Bakers get their mitts on them
75 Oz lion player Bert
76 Busy as —
77 Cartoon pics
78 Retained
81 — wee Herman
82 Smiling evilly
83 "Yikes!"
85 Huge wave
86 Rds.
87 Bury
88 Actress Raven —
89 Speechifier
91 Fast-food cooks
93 Not inclined
94 Spirits in lamps
95 Of the moon
96 "Hee Haw" co-host Buck
98 Bohemian
101 Delt's neighbors
102 "Dear" advice columnist
103 In addition to
104 Cry feebly
105 Blacken, as a steak
107 Scot's cap
109 Mauna —
110 Mediocre grade



celebrity extra

by Dana Jackson

Q: Who is the tall blonde woman who is one of the hosts of "The Talk?" Also, what happened to Sara Gilbert? Are any of the current hosts part of the original group? — H.A.

A: "The Talk" is a live syndicated CBS talk show originally created by Sara Gilbert ("Roseanne," "The Conners") back in 2010. She was one of the original hosts, along with five other women: Julie Chen, Sharon Osbourne, Marissa Jaret Winokur, Holly Robinson Peete and Leah Remini. Gilbert left in 2019, but remains executive producer. None of the current hosts were part of the six who debuted, and the current roster includes two men, Jerry O'Connell and Akbar Gbaja-Biamila.

Former NBC "Today" show host Natalie Morales joined "The Talk" in 2021, along with Amanda Kloots. Kloots is a former Broadway star and dancer of the Rockettes. She's listed as 5 feet 8 inches tall, but with heels, she appears taller. Sadly, before getting her big break with "The Talk," she lost her husband, Tony-Award-nominated actor Nick Cordero, to COVID after a three-month battle in the hospital. Sheryl Underwood, a former stand-up comedian,

remains the veteran of the show, having joined in 2011.

Q: Whatever happened to Annette Bening? Is she still married to actor Warren Beatty? — K.H.

A: Before George Clooney, Warren Beatty was considered Hollywood's most sought-after bachelor. Both actors are still married to their wives, Beatty and Bening since 1992. A year before their wedding, Bening earned her first of four Oscar nominations in "The Grifters," and she's far from retiring. In 2022, she appeared in two films: "Death on the Nile," with Kenneth Branagh, and "Jerry & Marge Go Large," with Bryan Cranston.

Next up for Bening is "Poolman," which is written, directed by and stars Chris Pine, followed by the upcoming TV miniseries "Apples Never Fall," with Alison Brie. She'll also star alongside Jodie Foster in "Nyad," based on the true story of a 64-year-old woman who, 10 years ago, aimed to be the first woman to swim from Cuba to Florida.

Q: I was surprised to see that Edge is back wrestling with the WWE. Didn't he suffer a neck injury in real life? — L.H.

A: Adam Copeland, best known as his WWE professional wrestling character, Edge, returned to the ring in 2020 during the Royal Rumble. This was 11 years after leaving the sport to undergo surgery on his cervical spine.



Sara Gilbert ("Roseanne" and "The Talk")

Photo Credit: Depositphotos

According to the "Daily Star," the 49-year-old Copeland states that he doesn't want to overstay his welcome and wants this run to help. "I don't want to hinder," he expressed. He says his wife, WWE wrestler Beth Phoenix, will be sure to tell him when "it's time" to retire permanently.

Copeland has a less risky career to fall back on with acting, having recurred on the popular History Channel series "Vikings" for several years. Next up, he'll play Ares (aka the Greek God of War) in the upcoming Disney+ series "Percy Jackson and the Olympians."

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWS, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|-------------------------|-------------|------------------|-------------|
| 1. Bread maker | — A — — — | Motorcyclist | — I — — — |
| 2. Fred Astaire, e.g. | — — — F — — | J. Edgar | — — — V — — |
| 3. Skilled professional | — — — — R — | Anticipate | — — — — C — |
| 4. Sports team leader | — — — A — — | Fancy seashell | — — — N — — |
| 5. Snow fragment | — — — — K — | Blaze | — — — M — — |
| 6. Perry Mason, e.g. | L — — — — — | Twain character | S — — — — — |
| 7. Rush | — U — — — | President Truman | — A — — — |
| 8. At a future time | — — — T — — | Pilsner | — — — G — — |
| 9. Invent | — — — — T — | Pant leg fold | — — — — S — |
| 10. Spring bloom | — E — — — | Fake | — H — — — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

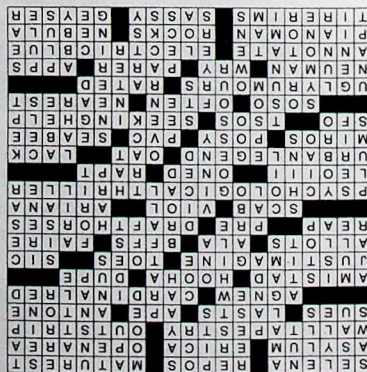
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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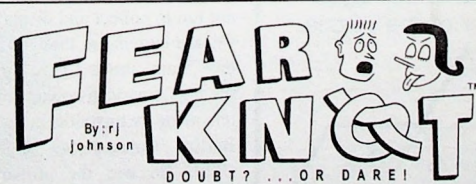
Super Crossword

Answers



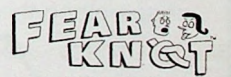
Even Exchange answers

- | | |
|--------------------|-------------------|
| 1. Baker, Biker | 5. Flake, Flame |
| 2. Hoofers, Hoover | 4. Coach, Conch |
| 3. Expert, Expect | 3. Create, Crease |
| 4. Later, Lager | 10. Peony, Phony |
| 5. Hurry, Harry | |
| 6. Lawyer, Sawyer | |

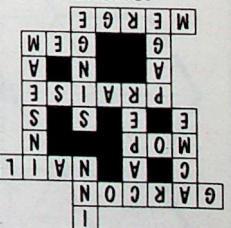


- EGM
CRONAG
♥ CERPA
♥ CEAM
SNEMIA
NIN
♥ AGEP
GENIS
PMO
♥ SPERIA
GREEN
♥ ALIN

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

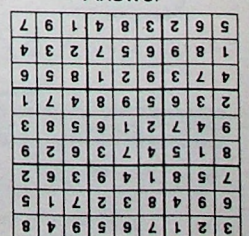


answer



Weekly SUDOKU

Answer



Amber Waves

ISN'T THIS NICE. WE FINALLY HAVE A NICE DAY FOR A PICNIC.



I LOVE THIS. ENJOYING OUR MEAL SITTING IN THE GRASS WITH NATURE ALL AROUND.



THIS IS JUST HOW ALL THE SETTLERS ATE THEIR MEALS.



by Dave T. Phipps

YES, ASIDE FROM THE COOLER, TUPPERWARE AND PLASTIC SPOKS... JUST LIKE THIS.

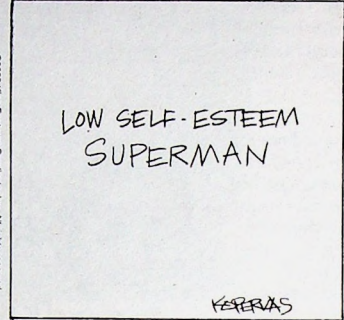


Out on a Limb



FASTER THAN A SPEEDING SQUIRREL... MORE POWERFUL THAN A LUNGING LEMUR... ABLE TO LEAD SMALL CHILDREN IN A SINGLE BOUND. LOOKS UP IN THE SKY...

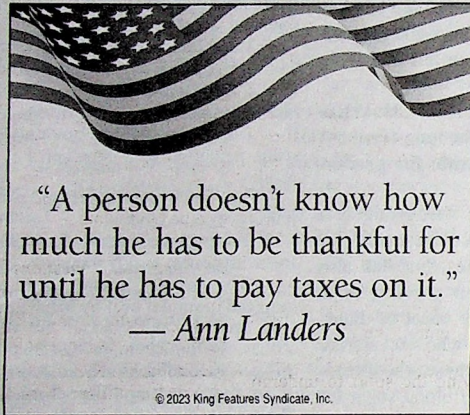
I'D HAVE GOTTEN HERE SOONER BUT I HAD TO GO ACROSS TOWN TO MY APARTMENT TO CHANGE INTO MY TIGHTS AND CAPE IN MY BATHROOM.



LOW SELF-ESTEEM SUPERMAN

by Gary Kopervas

Americanisms



"A person doesn't know how much he has to be thankful for until he has to pay taxes on it."
— Ann Landers

Just Like Cats & Dogs

by Dave T. Phipps



OK, FORGET THIS! FROM NOW ON WE NEED TO EITHER MAKE LESS OR JUST EAT MORE.



Adopting an Older Cat Can Bring Unexpected Issues

DEAR PAW'S CORNER: We recently adopted a 12-year-old orange tomcat. Abel is neutered and well behaved, but he has some health issues that we didn't bargain for. He's overweight (we're working on it) and recently needed a tooth pulled. He gets ear and eye infections frequently. I'm not about to give him up, but I wanted others to know that a senior cat often has more medical needs than younger cats. The tradeoff is that he's a sweet, gentle cat, well adapted to humans, and seems less inclined to escape from the house than a younger cat might. — Kelly B., Salt Lake City

DEAR KELLY: Thank you for sharing your experience! Abel sounds like a wonderful cat. Senior cats, age 11 to 14, do need extra monitoring. They of-

ten have health issues specific to older cats, and can be more susceptible to infections, bad teeth, etc. Pretty much all the same issues humans face as we grow old!

As you've noted, Abel's diet is really important. Not just to lose weight and keep it off, but to make sure he's getting the right nutrition for a senior cat. A cat food formulated for older cats is helpful, but owners should work with the veterinarian to determine the amount and type of food to give their cat each day. Lots of protein is a must, as this article by VCA points out: vcahospitals.com/know-your-pet/feeding-mature-senior-and-geriatric-cats

Dehydration is another factor for older cats. Empty and refill your cat's water bowl each morning and monitor how much the amount decreases throughout the day to determine how much he drinks.

Finally, monitor your cat's litter box habits. Write them down and take them to the next vet checkup to make sure there are no hidden health problems cropping up.

Send your tips, comments or questions to ask@pawscorner.com.
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WORD LADDERS

Can you go from FEATS to JELLY in 6 words? Change one letter for each rung in the ladder.

FEATS

JELLY

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SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Speck
HERDS _____

Gloom
ODWASH _____

Allow
BELEAN _____

Suspend
LEGAND _____

TODAY'S WORD



"This is one of those days when nothing seems to go _____."

Micro Crossword By Elizabeth C. Gorski

- Across**
- 1 Nautical direction
 - 5 Oscar-winning "Ray" actor
 - 6 Firefighter calendar photo, maybe
 - 7 Doomed Corleone brother
 - 8 Roman goddess of agriculture

	1	2	3	4
	5			
6				
7				
8				

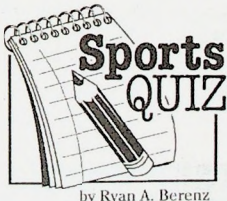
- © 2023 King Features Syndicate, Inc.
- 2 Soloist?
 - 3 Radiate, as charm
 - 4 Big trade shows
 - 6 Gomer Pyle, for one

- Down**
- 1 Blazing



Here's what to watch and where to watch it for the week of April 17, 2023

- ON NOW:** "Pretty Baby: Brooke Shields" (Docu-series) — Hulu
- ON NOW:** "My Name Is Mo'Nique" (Comedy Special) — Netflix
- ON NOW:** "The Real Housewives: Ultimate Girls Trip" (Season 3) — Peacock
- 17-April:** "New Girl" (Complete Series) — Hulu
- 17-April:** "Oggy Oggy" (Season 2) — Netflix
- 19-April:** "Algiers, America" (Docuseries) — Hulu
- 20-April:** "Mrs. Davis" (Season 1) — Peacock
- 21-April:** "Judy Blume Forever" (Documentary) — Amazon Prime Video
- 21-April:** "A Tourist's Guide to Love" — Netflix
- 21-April:** "Dead Ringers" (Season 1) — Amazon Prime Video
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by Ryan A. Berenz

- For what team did DeMarcus "Boogie" Cousins, a first-round NBA Draft pick for the Sacramento Kings in 2010, play one season of college basketball?
- What Basketball Hall of Famer has his No. 2 jersey retired by the Philadelphia 76ers and his No. 24 jersey retired by the Houston Rockets?
- At the 2018 Pyeongchang Winter Games, teammates Jessie Diggins and Kikkan Randall won the USA's first ever Olympic gold medals in what sport?
- What sports columnist for The Kansas City Star was suspended by the newspaper for heckling New England Patriots fans from the press box at a 1998 NFL game?

- Name the Baseball Hall of Famer who, upon receiving a \$1 million signing bonus from the Oakland A's in 1989, framed the check and hung it on the wall instead of cashing it.
- What NASCAR driver ran out of fuel while leading the 2017 Daytona 500 with one lap remaining in the race?
- Offensive lineman Randy Cross spent his entire 13-year playing career and won three Super Bowls with what NFL team?

- Answers**
- The Kentucky Wildcats.
 - Moses Malone.
 - Cross-country skiing.
 - Jason Whitlock.
 - Rickey Henderson.
 - Kyle Larson.
 - The San Francisco 49ers.

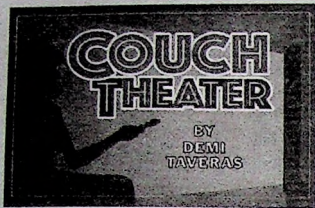
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Micro Crossword Answer

S	E	R	C
O	R	E	F
P	I	N	P
X	O	F	
E	A	L	E

- WORD LADDER**
- Answer
- BELLS, BELLY, JELLY
- FEATS, FELTS, BELTS
- SCRAMBLERS**
- solution
- WRONG**
- Today's Word
1. Shred 2. Shadow 3. Enable 4. Dangle

MORE SUN FUN



"The Last Thing He Told Me" (TV-MA) — A new limited series premiering April 14 follows the story of a woman named Hannah, who is married to a man named Owen and has become stepmother to Owen's only daughter, Bailey. One day, Hannah suddenly receives a letter from Owen that instructs her to protect Bailey; then Owen subsequently goes missing. Bailey reveals to Hannah that she was also left a note and a bag full of thousands of dollars, presumably from Owen. From then on, the mother-and-daughter duo stop at nothing to find out the truth of his mysterious disappearance. Jennifer Garner, Nikolaj Coster-Waldau ("Game of Thrones") and Angourie Rice (the "Spider-Man" trilogy) star in this riveting series. New episodes release every Friday. (AppleTV+)

"Florida Man" (TV-MA) — Philly ex-cop Mike Valentine (Edgar Ramirez) has lost everything in his life to gambling. So, to pay off all his debt, Mike begins working for the gangster he owes all his money to ... which blurs more lines than one. When the gangster's girlfriend, Delly (who Mike is also fond of), escapes to Florida, Mike is forced to go retrieve her. But he has only one condition: All his debt is cleared once he brings Delly back. Reluctantly returning to his seedy home state, Mike attempts to find Delly, but he hits a few bumps in the road that turn his quick rescue into a chaotic, action-packed series of events. This seven-episode crime show produced by Jason Bateman premieres April 13. (Netflix)

"Tiny Beautiful Things" (TV-MA) — In this new series based on the book of the same name by Cheryl Strayed, Kathryn Hahn ("Bad Moms") stars as Clare, a writer persuaded to start an advice column. But Clare wonders ... can someone really give good advice while their life is falling apart? Her marriage is in a rough place, and her bond with her teenage daughter seems to challenge her more and more every day. But, once Clare begins writing and speaking to her audience as if they were the 22-year-old version of herself, she finds powerful healing. The first episode of "Tiny Beautiful Things" is out now. (Hulu)



Courtesy of Netflix

From left, Abbey Lee and Edgar Ramirez star in "Florida Man."

"Grease: Rise of the Pink Ladies" (NR) — The original 1978 "Grease" film is one of the most iconic movies in history. "Grease 2" was released a few years later in 1982, but it did nowhere near as well as the first film. So, will a prequel spin-off series pick up steam? Taking place four years before the events of the first film, this musical series follows four Rydell High students as they band together to create the all-female clique known as the Pink Ladies. With tons of visually appealing musical numbers and teenage naivety, it does well to capture the charming essence of "Grease." The first episode is out now. (Paramount+)

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Contract Bridge

THE CLUES POINT THE WAY

South dealer.
North-South vulnerable.

NORTH

♠ 7 6 5
♥ 6 3 2
♦ A Q 8 4
♣ 10 7 3

WEST

♠ A J
♥ J 7 5
♦ K J 10
♣ Q J 9 8 4

EAST

♠ Q 10 9 8
♥ K
♦ 7 6 5 3 2
♣ K 6 5

SOUTH

♠ K 4 3 2
♥ A Q 10 9 8 4
♦ 9
♣ A 2

The bidding:

South	West	North	East
1♥	Dble	Pass	1♠
2♥	Pass	Pass	3♦
3♥	Pass	4♥	Dble

Opening lead — queen of clubs.

The secret of good declarer play lies mostly in visualizing how the unseen cards are divided and putting this knowledge to effective use. The clues that furnish declarer with a picture of the opposing hands can come from the bidding, the play, or both.

Consider this deal where declarer failed to process the many clues available. It was played in the South Africa-Ireland match at the 1960 World Team Olympiad.

The South African declarer got to four hearts doubled as shown, and West led the club queen. South won with the ace, cashed the ace of trump, felling East's king, then led a diamond and successfully finessed the queen.

After discarding a club on the ace of diamonds, declarer led a spade to the king, losing to the ace. South eventually lost two more spades and a trump trick and finished down one, -200. He was able to ruff his fourth spade in dummy to prevent an even greater loss.

South's early plays were certainly correct. The diamond finesse, though dangerous, was necessary, but after it succeeded South should have reassessed his prospects and made the contract.

It was a serious mistake to lead a spade to the king at trick five. To play a spade from dummy was surely right, but to play the king was surely wrong. South should have placed West with the spade ace for his takeout double, because East had already turned up with the king of hearts and (by inference from West's opening lead) king of clubs.

Had South played a low spade on East's eight at trick five and later played a low spade again, he would have gained a spade trick and made the contract. He also would have been 990 points to the better.

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Puzzles4Kids

by Helene Hovanec

CODED RIDDLE

Change each letter to the one that comes immediately BEFORE it in the alphabet to find a riddle and its answer.

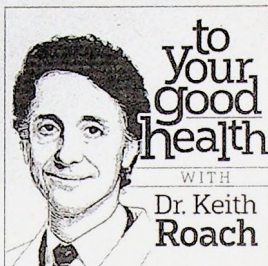
Here's a copy of the alphabet to guide you:

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

X I Z J T B Q S J M U I F D M F B O F T U N P O U I ?

C F D B V T F P G B M M U I F B Q S J M T I P X F S T.

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Complex Jargon Prevents Patient From Understanding Diagnosis

DEAR DR. ROACH: After many bouts of pain in my left leg, I was referred for an MRI. They diagnosed me with left lumbar radiculitis, spondylolisthesis and lumbar spondylosis. There are many people in my independent living facility who have gotten similar diagnoses. As an RN with a master's in nursing education, I have a question: When the diagnoses are made, do doctors not explain the problem in layman's terms? I only found out what my list of diagnoses were from a physical therapist, to whom I was referred. -- N.F.P.

ANSWER: Doctors certainly should explain their diagnoses in language appropriate for their patients. We can forget that the language we use is sometimes incomprehensible, but that's not an excuse. A patient should always feel comfortable in saying they don't understand a diagnosis, or any other word or phrase their doctor uses, and ask for more explanation. Many of the most effective communicators I have seen not only ask the patient whether they understood, but have made sure their patient can explain it back to them.

In your case, these specific diagnoses are generally not well-known by nonexperts, and I am disappointed that they did not give you an explanation. Lumbar radiculitis is essentially sciatica -- it's an inflammation of the large bundle of nerve roots, which usually causes pain down the leg into particular locations, based on which nerves are being affected. It is not a specific diagnosis, as it doesn't say what is causing the damage to the nerves.

Spondylolisthesis is a condition where one vertebra overlaps another one below it (front to back, not side to side). Very mild spondylolisthesis will not cause any symptoms, but more severe cases can cause damage to the nerve roots. Spondylosis of the lumbar vertebrae is a nonspecific

term signifying degeneration of the spine, usually due to osteoarthritis and often including degeneration of the disks in between the vertebrae.

So, these diagnoses together suggest that you have osteoarthritis of the spine, along with a displacement of one vertebra over another, causing damage to the nerve roots of the spine. These conditions would be likely to cause the back and leg pain you have on your left side.

DEAR DR. ROACH: What are the risks for long-term usage of metformin for prediabetes? -- T.G.

ANSWER: Metformin is a commonly used treatment for Type 2 diabetes, but has also been proven to prevent, or at least delay, the onset of diabetes in people who are at risk. This includes those who already have abnormal blood sugar but don't yet meet the diagnostic criteria for diabetes -- called "prediabetes" or "impaired glucose tolerance."

Metformin works mostly by preventing the liver from making sugar. This allows the insulin a person makes to work on dietary sugar instead and, in turn, lowers insulin levels, thus promoting weight loss.

Metformin is a very safe drug with few long-term side effects. The most common side effects are gastrointestinal -- nausea and diarrhea are the most common. These usually go away after some time and can be minimized by using the long-acting form of the drug. Vitamin B12 deficiency happens in about 20% of people over a span of five years. The most severe side effect is called lactic acidosis, but this is extremely rare when metformin is only given to people with normal kidney function. Kidney function and blood sugar levels should be periodically checked when on metformin, whether for diabetes or prevention.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids

Answer

Because of all the April showers? Why is April the cleanest month?

SENIOR NEWS LINE

by Matilda Charles

Living Long Lives in the Blue Zones

In several parts of the world there are large populations that regularly live into their 90s and even pass 100 years. They're called Blue Zones, those parts of the world where seniors live longer, healthier lives. It started as a National Geographic project to look for the secrets to longevity. They were able to identify five locations: Loma Linda, California; Nicoya, Costa Rica; Sardinia, Italy; Ikaria, Greece; and Okinawa, Japan.

Fascinated scientists began to study these over-100 people and concluded that they had nine commonalities. They are:

— The Blue Zoners move and exercise naturally, working in gardens and going about their lives with frequent walks, not engaging in heavy-lifting gym visits.

— They have a purpose to each day.

— They do what they must to avoid stress. Some pray, some have happy hour, some take naps, but they intentionally do something.

— They follow Confucius' rule to stop eating when they're 80% full, and don't eat late at night.

— Their diets are semi-vegetarian and they stick mostly with beans and lentils, fruits and vegetables, olive oil and whole grains.

— They drink modest amounts of wine, perhaps 1 to 2 cups per day, if at all.

— They belong to a faith-based community of some kind.

— They put loved ones first and often live with or near family members.

— The people around them are engaged in similar healthy behaviors.

To read the study about the Blue Zones, go online to www.ncbi.nlm.nih.gov, select PubMed from the drop-down menu and put "Blue Zones" in the search box. Look for the authors Buettner D, Skemp S. The heading includes "Lessons from the World's Longest Lived."

There is hope for all of us to extend our lives if we incorporate some of what those in the Blue Zones have to teach us.



1. Who was Elmo Glick?
2. Name the deaf singer who released "Cry" and "Just Walkin' in the Rain."
3. Why was Paul Simon (of Simon & Garfunkel) sued for "El Condor Pasa"?
4. Who released "Could It Be I'm Falling in Love"?
5. Name the song that contains these lyrics: "Well, I might take a train, I might take a plane, but if I have to walk, I'm gonna get there just the same."

Answers

1. That was the name used by song-writing duo Jerry Leiber and Mike Stoller. They wrote over 70 hits, including "Jailhouse Rock" and "Stand By Me."
2. Johnnie Ray. He was left death after an accident at a Scout camp as a boy.
3. Simon & Garfunkel's "El Condor Pasa (If I Could)" is from a 1913 Peruvian instrumental. Simon, having been told by a band that it was an old folk song, was eventually sued for copyright infringement, not knowing the melody actually had been copyrighted in the U.S. since 1933.
4. The Spinners, in 1972.
5. "Kansas City," by Wilbert Harrison in 1959. The song was written by the Elmo Glick duo, mentioned above, two 19-year-old R&B fans who went on to have long writing careers.

by Steve Becker

Brad Croall Recuperating Following Kidney Transplant

Cont'd From Page 2

was thinking about it leading up to it, the folks that kind of came very close to me and around me.

"Tim is a very competitive guy, I think that's safe to say. The doctor is a very competitive guy. My wife is a very competitive person. The people around me really coached me through this in a way.

"I thought to myself there was an opportunity, like I sought meditation pretty hard. I didn't want to go through this miserable. I have a beautiful wife, I have young kids. I wanted to be strong for them and show them life doesn't always serve you cake.

"Another part of it is growing up in the city. I think the city builds character really. A part of me was like I want to make the city proud and come through this thing on top. Those are the pep talks I gave myself in the mirror because the transition when the disease starts to escalate, when you start to transition to dialysis that's a whole different ball game."

Croall said his nephrologist, Hundert, came up with a treatment program to keep him off dialysis while Lori was pregnant with their third child, who was born in August 2021. Hundert said the regimen was successful at first, but things went downhill in late 2021.

"There was always that hope that maybe we could prevent it," said Hundert, who is a Squantum resident. "We did have some initial success with the medication I put him on and diet and Brad worked really, really hard. Brad was like, I'm not going to do that, I'm going to do that and I'm not going to do dialysis. I think his attitude definitely got him through the pregnancy, but then there came a point where Brad got really, really sick."

Croall had COVID-19 in November 2021, Hundert said, and then shingles. It was at that point that Hundert said he became concerned that Croall might die.

"From a personal perspective, Brad and I have developed a really good relationship," Hundert said. "He's always been my patient but there are some patients that you just get really close to and bond with. When Brad got sick in November of 2021, even I got really concerned.

"We were in COVID-land. He was on immunosuppression for his kidney disease. Subsequently, we don't really think immunosuppression causes COVID to be really bad, but it was also during Delta COVID,

and that was probably the worst COVID that we had. So Brad had bad COVID, he had bad shingles, he had a kidney issue."

"Basically, there was a point where I was concerned that Brad was going to die," the doctor added, "and that's not who Brad is...and at one point I basically said you're going to have to follow my directions."

Hundert explained that patients in need of dialysis can receive it in one of three ways. They can do hemodialysis in a clinic or at home, or they can choose peritoneal dialysis. Croall opted for peritoneal dialysis, which he did at home.

"Any of three would have worked, but correctly Brad chose peritoneal dialysis with our advice. He had a catheter placed and it worked for a little while," Hundert said. "A catheter is a tube that goes into the abdomen and it sort of hangs out in the free space in the abdomen.

"The way I describe it to patients is at night they hook up to a washing machine and the machine puts in clean fluid, the fluid sits there, the toxins go from your body into the fluid, and then it goes down the drain and you just rinse and repeat, rise and repeat, rinse and repeat for eight to ten hours."

"Twenty-four hours in a day. Ten hours on a machine," Croall said. "It's not ideal."

Hundert said that Croall was able to keep working, watching his children play sports, and traveling while on dialysis. Lori Croall said the family started putting stickers on the dialysis machine, which they nicknamed "Diane."

At one point while he was on dialysis, Lori had to rush her husband to Boston Medical Center because he was unable to breathe. At BMC, he was diagnosed with congestive heart failure; his heart has since recovered.

"The doctors at BMC took great care of Brad," Hundert said. "Basically fixed the catheter, got him back on peritoneal dialysis — he did need a short time on hemodialysis, but he got back on peritoneal dialysis. He was prescribed new medication for his heart, and his heart actually recovered completely back to normal. It was temporary congestive heart failure. It may have been related to COVID. We actually don't know why it happened.

"I think that's actually something important... which is that no matter how much we know, there is still so much mystery here surrounding Brad's case. Brad



BRAD and LORI CROALL spoke about his diagnosis with and treatment for chronic kidney disease one week after he received a kidney transplant. Brad said the transplant was "absolutely life changing" for him and thanked his wife, friends, the Quincy community and his medical team, among others, for their support. Quincy Sun Photo/Scott Jackson

has been a complex patient since before he was even my patient. We still don't entirely know — I mean we think we know what the cause of his kidney disease was, and it is a condition called IgA nephropathy, which is a very, very common condition worldwide. Not everyone has it so severe, but it is not uncommon.

"Then his course of dialysis has been complicated, but that unfortunately is not uncommon for patients on dialysis, that they have a lot of different trials they go through."

While he was undergoing dialysis, the Croall family began receiving an outpouring of support from the community after stories about Brad's diagnosis were published.

"While all this was going on, because of The Quincy Sun and other publications that ran that story, there were so many selfless people that raised their hand to get tested to become a potential donor," Brad said.

"After the story ran in The Quincy Sun, we got a complete outpouring of people that were interested in helping in any sort of way," Lori added.

"It was a huge blessing," she continued. "It resulted in such an influx of people that wanted to donate that actually submitted through the Mass General link to be a potential donor that Mass General had to call me and basically say like 'cease and desist please, you have enough on the list.'"

Lori said that between 40 and 60 people contacted Massachusetts General Hospital to say they would be interested in donating a kidney to her husband.

"That's the most I've ever heard of, honestly," said Hundert, the nephrologist. "People are lucky if they get two or three."

While the hospital was reviewing potential donors, Croall said he was contacted by a friend of his read about his story in the newspaper. That friend wound up being a match and donated his kidney to Croall.

"We were at max capacity for people willing to help out. I get a call from a friend that I had known now for 20 years and he had moved up to New Hampshire, so we lost touch just because geographically we were separated," Croall recalled.

"So he's living in New Hampshire, his mother-in-law is up there in New Hampshire with him and his mother-in-law still subscribes to The Quincy Sun. So he's over his mother-in-law's apartment and happens to see an old Quincy Sun on top of her table that had my story on it. So, he calls me up and says, 'what the hell is going on and what can I do to help.' So I tell him the story and said I appreciate your willingness to help, but Mass General said we're capped, we're not taking other donors. But my smart wife had a spreadsheet going where she was keeping track of people who still wanted to get involved in the process but just wouldn't be advanced at this point in time.

"Somehow, his name got off the spreadsheet and, in the pipeline, and he happened to be Type O. When you think about what I said in the beginning, having that faith base, that stuff doesn't just happen. If you're looking for it, it's very clear that that is like divine inspiration."

Croall called the donation a selfless act and said it was life changer for him.

"I went in on a Thursday, surgery was about four hours. I came out, my new kidney pumped out 12 liters of fluid within the first

night cycle. It's like a human sump pump. Doctors were very happy with my progress," he said. "I lost 20 pounds. I went in at 190 and came out at 170."

"It was absolutely life changing," the former councillor added. "I couldn't believe how good I felt. I was obviously doopey from the surgery — I was like half with it with my eyes closed and my wife, who I didn't even know was going back in was feeding me Italian ice, and I was like I can't believe how good I feel. I was very sore from the incision, but it was immediate."

Reached by phone on April 7, Mike Smith, the man who donated his kidney to Croall, said his recovery had gone smoothly.

"It's a week later and I'm about to go for a walk," he said, adding that he and his wife had walked five miles the day before.

Smith encouraged others to consider donating a kidney because "it will change someone's life in a profound way."

"A lot of people can help a lot of people," he said. "I advocate for people to donate. You can change a person's life."

Croall said he was grateful for the support he has received over the past year.

"I want to thank my wife, my friends, my contacts, the people who stepped up and got tested, the city for the unbelievable support. I remember walking out of the credit union one day and some woman stopping me and saying, 'are you Brad Croall?' I said yes and she was like I've been praying for you. I know you're sick and I've been praying for you. A complete stranger. That's the character of the city of Quincy," he said.

"And obviously my medical staff, the people at Fresenius at Quincy, Dr. Hun-

dert and the folks at Mass General. It's a team effort."

Lori Croall said the family wanted to share their story to spread awareness about chronic kidney disease.

"One of the big reasons he wants to do this is because I think, like me, he feels like CKD is not something people talk about," she said.

"I'm saying this now, not him, but I feel like I hear a lot about people who have cancer and they're going through like chemotherapy and they're going through radiation, and you kind of hear enough about what that is like to support the family and what they do to fix it. But, I don't ever hear people talk about CKD and the fact that everybody has two kidneys and you can basically give a kidney and more or less fix someone and bring them back to a normal life is amazing.

"I feel like it should be on billboards everywhere to tell people you can drastically improve someone's quality of life."

Hundert noted kidney disease and related illnesses are among the top 10 causes of death in the United States.

"People don't know they have chronic kidney disease unless they get tested for it," he said. "The best way to get tested is to make sure you're seeing your primary care practitioner, having your blood pressure checked at least annually, usually checking blood tests at a certain age. A primary care practitioner should screen everybody with blood tests and if your blood tests are abnormal or if you have a reason they would suspect it, they should also check your urine to see if there is protein in your urine. These are things that people would not know unless they check for it."



SCARLETT AND JACKSON Smith (left to right), of Quincy, were thrilled to find chocolate bunnies in the Bunny Basket bags they received from Interfaith Social Services last month. Volunteers at the organization helped put together and distribute more than 500 seasonal bags for local children in need.



JANA ALAMOUDI, left, of Quincy and **Charlotte Mok**, right, of Quincy, helped assemble 1,200 candy-stuffed plastic eggs alongside other members of Quincy's Cub Scout Pack 42 last month. Volunteers from several local groups helped assemble more than 500 Bunny Baskets for Interfaith Social Services.

Bunny Baskets Distributed To Families In Need

Hundreds of children in Quincy and across the South Shore celebrated spring and the Easter holiday with "Bunny Baskets" distributed last month by volunteers at Interfaith Social Services. The Spring-themed bags contain chocolate bunnies, flower seeds, small toys and candy donated by Interfaith's generous supporters.

"With our seasonal pro-

grams, such as Bunny Baskets, Halloween costumes, and holiday gifts, we try to infuse a bit of joy into our client's lives," said Natalie McMenamin, Interfaith's Seasonal Program Coordinator. "Holiday treats might not be in the budget for many of our client families. To be able to provide this for them relieves a financial burden and hopefully brings

some smiles."

Supplies for the project came from Interfaith supporters who made monetary donations or purchased items off their Bunny Basket Wish List. Youth volunteers from Quincy's Cub Scout Pack 42 assembled more than 1,200 plastic eggs stuffed with small candies. And volunteer groups from Blue Cross Blue Shield of

Massachusetts and South Shore Bank helped sort incoming donations and assemble more than 500 bags. The bags were distributed alongside grocery orders to Interfaith's food pantry clients with children ages 12 and under during the month of March.

Interfaith Social Services operates one of Greater Boston's largest emergency food pantries, a mental health counseling center, Thrift Shop and homelessness prevention program. Since 1947, Interfaith Social Services has been a safety net for thousands of children and families from the South Shore who are struggling to make ends meet.

Interfaith will soon start collecting items for their next seasonal program: back-to-school supplies and backpacks. To join their email list or find out more about their programs, visit InterfaithSocialServices.org.



JOANNE TULLY, left, and **Andrea Allan**, right, of South Shore Bank, helped assemble Bunny Baskets at Interfaith Social Services last month. The goal of Interfaith's seasonal programs, including Bunny Baskets, Halloween costumes, and holiday gifts, is to bring a bit of joy to local families in need.



VOLUNTEERS FROM Blue Cross Blue Shield of Massachusetts helped assemble Bunny Baskets at Interfaith Social Services last month. Volunteers helped assemble and distribute more than 500 seasonal bags for local children in need. *Photos Courtesy Interfaith Social Services*



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